

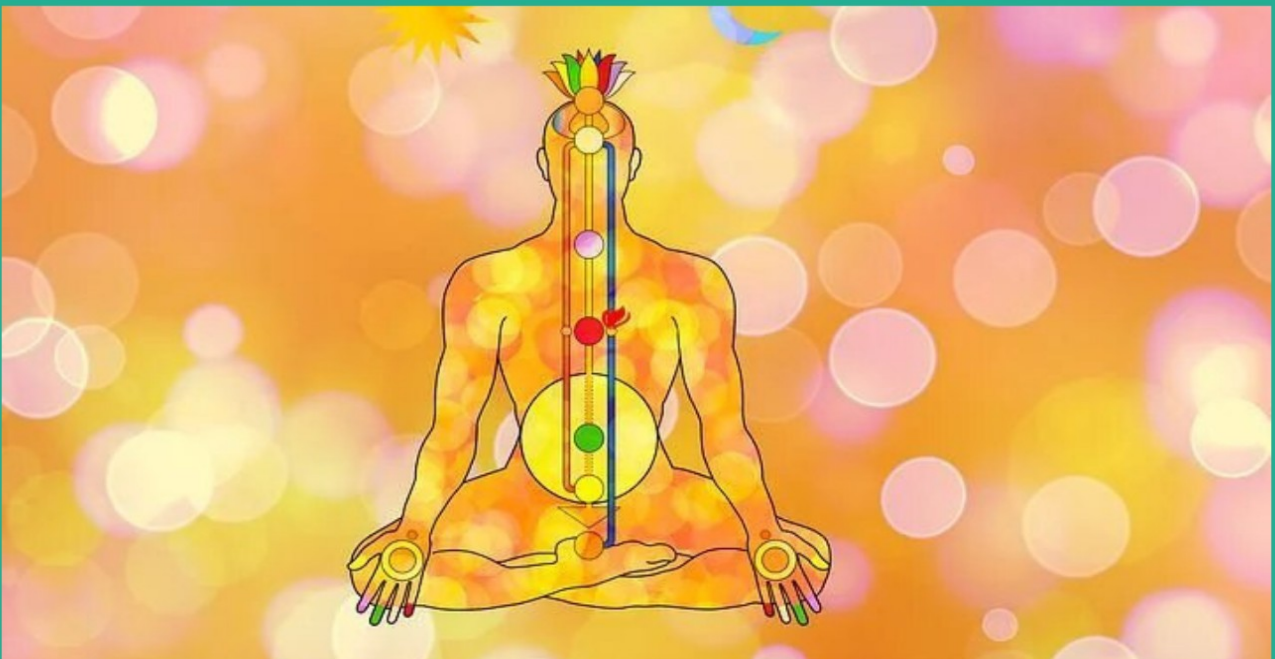
# KUNDALINI SCIENCE

## A SPIRITUAL PSYCHOLOGY

### *BOOK~2*

OVER SIMPLIFIED KUNDALINI  
BEST EVER BY PREMYOGI VAJRA

A COLLECTION OF BLOG  
POSTS UPDATED TILL DATE



KUNDALINI YOGA IS THE SWEET FRUIT THAT GROWS  
ON A TREE OF HINDUISM, AND THE FRUIT IS THERE  
ONLY AS LONG AS THE TREE IS THERE

# **Kundalini science- A spiritual psychology-2**

**Author- Premyogi vajra  
2021**

## Book introduction

This book is second part (book-2) of the Kundalini science series. Its first part and third part (book-3) are also available. It is the compiled form of blog-posts. Those posts are written by Premyogi vajra, a mystic yogi. He is enlightened as well as he has his kundalini awakened. These all posts are related to kundalini. One post corresponds to one chapter. Premyogi vajra is writing about Kundalini since 3 years ago, when his kundalini awakened after one year long continued kundalini yoga meditation. He became amazed on seeing that nowhere Kundalini had been mentioned or described completely. Even Kundalini had not been defined properly. He searched and read many kundalini awakening experiences, but he found none as genuine and complete. Although he found Samadhi as mentioned in Patanjali Yoga Sutras as equivalent to Kundalini, but that was described in a mystic and ancient way that was difficult to be understood by the laymen type general public. Therefore inspired by these shortcomings, he decided to present every know-how about kundalini in very simple or childish way keeping everything at ground level, true, experiential, scientific, original, practical and intuitive. That genuine, honest and humane effort resulted into the origination of this wonderful book. That is why this book appears as a blessing for kundalini seekers. Because it is not comfortable to read so many blog posts together on glare producing screens, therefore those posts were presented in the form of a kindle e-book that is comfortable and enjoying to read. As a result, it is fully hoped that readers will find this book spiritually uplifting and comfortable to read.

## Author introduction

Premayogi Vajra was born in the year 1975 in a small village in the beautiful basket valley of Himachal Pradesh, India. He is naturally fond of writing, philosophy, spirituality, yoga, public service, applied science and tourism. He has also done commendable work in the field of animal husbandry and veterinary medicine. He is also fond of polyhouse farming, organic farming, scientific and water conserving irrigation, rainwater harvesting, kitchen gardening, cow farming, vermicomposting, website development, self-publishing, music (especially flute playing) and singing. He has also written close to ten books on almost all these subjects, whose descriptions are available on Amazon Author Central, Author Page, Premyogi vajra. The description of these books is also available on his personal website [demystifyingkundalini.com](http://demystifyingkundalini.com). He had also been a Vedic priest for a short period of time, when he performed religious rituals in people's homes with the help of his Vedic priestly grandfather. He has gained some advanced spiritual experiences (enlightenment and Kundalini awakening). His autobiography, along with his unique experiences, is particularly shared in the book "Physiology Philosophy - A Modern Kundalini Tantra (A Yogi's Love Story)" written in Hindi. The matching equivalent of this book in English is "Love story of a Yogi- what Patanjali says". This book is the most prominent and ambitious book of his life. This book contains the most important 25 years of his life's philosophy. He has worked very hard for this book. In a quality and unbiased review on Amazon.com, this book has been reviewed as a five-star, best, must-read and excellent book. Google Play Book Review also found five stars for this book, and this book was rated as good (cool).

Premyogi vajra is a mysterious person. He is like a polymorphic man, who has no fixed form of his own. His actual form depends on the size and type of the trance/Samadhi that he is continuously experiencing in his mind, no matter what he looks like from outside. He is enlightened (self realized), and his Kundalini has also awakened. He had self realization or enlightenment naturally / through love yoga, and Kundalini awakening through artificial means / Kundalini yoga. At the time of natural samadhi, he was assisted by

symbolic and uni-vehicular Tantra yoga, while at the time of artificial trance/Samadhi he got the help of complete and bi-vehicular Tantra yoga along with the majority of his own efforts.

For more information, please feel free to visit the following place-

<https://demystifyingkundalini.com/>

## **Kundalini carrier in the form of thousand hooded divine serpent**

Friends, I do not get a chance to write my short experiences waiting to write long posts. That is why I have thought that I will write only small thoughts about Kundalini. This will keep a constant connection with Kundalini, which is very important for spiritual progress. Anyway, in busy life it is not possible to write long posts together.

### **Kundalini also comes down by lowering the pressure of the brain**

Kundalini appears in the brain as soon as one's own present condition is considered as nondual like that of the Dehpurusha/body-man. This creates a bit of pressure in the brain. To bring down that pressure, the tongue is pressed with the palate, and the mouth is kept closed while not speaking. Simultaneously, the thinking of descending Kundalini energy is done. It is also thought that the pressure of the brain is descending through the front channel. With this, the mind becomes light, and along with pressure the Kundalini also comes down and sits on a suitable chakra. She then glows progressively due to the constant pressure coming from the brain. The same pressure is also called Prana. When the mind becomes empty or light, the Kundalini energy from the Muladhara Chakra ascends through the back channel to the brain. The same thing happens with the mental trauma or emotional shock as stated in earlier posts. Due to mental trauma, the mind becomes completely empty, and the Kundalini Shakti ascends in the back at full speed, that is, the sushumna channel, the most important Kundalini channel in the spinal cord opens. The same thing happens many times with tantric alcohol use. Even with that, the mind becomes empty. In this way, the Kundalini loop is completed, and the Kundalini cycle starts. It is also called microcosmic orbit. It also calms the impulse of sexual lust, because its energy is absorbed by Kundalini. This is also completely the case in a woman. As mentioned in the old

post, their vajra is of comparatively small dimension, which is contained little bit inside body lotus. This is a major technique of Tantra.

## **Sheshnag's middle hood is the longest**

Even in the old post, I had told that when the Sheshnag is laid from the vajra to the brain through the spine, the sensation of vajra easily reaches Sahasrara. Its main symptom is the shrinking of the vajra. It gives a feeling of sensation in the center of the back. The whole serpent is to be meditated together. In fact, sensation has the property of movement and displacement. Sheshnag has thousand hoods, which cover the entire brain. Its central hood is shown to be thickest and longest. This central one is the most working type hood. That's why kundalini runs in this hood. Actually, this has been done for the centering of sensation / Kundalini. This makes the Kundalini run entirely in the central line. Serpent also bends down his central hood and kisses the agya chakra located between the eyebrows. With this, Kundalini reaches the agya chakra and creates joy with pressure there. Many times, the Kundalini reaches the agya chakra directly. Anyway, Vajra Nadi, one of the main nadis of Hatha Yoga, is described as going up to the agya chakra. The Kundalini descends best through the tongue from the agya chakra. One by moving his head and back here and there, the Sheshnag should also appear to be moving here and there. This provides even more Kundalini-benefits.

## **Sheshnag is depicted in the Kshira Ocean / milky ocean, and its one thousand hoods are spread over the head of Lord Vishnu**

The same has been shown in the post image above. In fact, our body is also a subtle ocean. This body has more than 70% water, which is spread all around. That water is as nutritious as kheer (a milk-rice-sugar dish) milk. The above Sheshnag is sitting in the midst of the milky water of the same body with its hoods erected up. The head of a man is in

the form of his thousand heads. Sahasra means thousand in Sanskrit.

## **Why Centering is Important for Kundalini**

Friends, every thing has its energy at its center. It is also called Center of Mass or Center of Gravity. Similarly, the energy of the body is highest on its central line. That is why the Kundalini is rotated on that line, so that it can get maximum power. I found it difficult to meditate on Kundalini in full sun. But when I meditated on the superficial central line of the Sun, it became easy and strong. All these things show that Kundalini's psychology also proves to be just like physical science.



## **Kundalini could be well connected with humanity through Islam religion**

Friends, the recent terrorist incidents in Paris in France and Vienna in Austria in the name of Islam are very unfortunate. And yet another incident happened that in Pakistan, where a watchman killed his bank manager in the name of religion and there he was warmly welcomed for this work. In addition, the management of the main Sikh gurdwara or Sikh shrine in Kartarpur has been withdrawn from the Sikhs and given to the ISI. The world knows that Pakistan's intelligence agency ISI runs organizations of Islamic terrorists. Countless temples have been torn down in Pakistan, Afghanistan and Bangladesh, and ancient carvings have been endangered. Minorities continue to be persecuted there on a daily basis. India has been a victim of such incidents for centuries. Today we will discuss the fact that how Islam could become a religion connecting Kundalini with humanity, but missed due to its only mistake of bigotry.

### **The real purpose of denial of idolatry was to increase the love of man towards man**

Islam could have been the religion of humanity. This is because in Islam it is only asked to meditate on Allah, not on the idol etc. Yet idol worship and other Hindu traditions have their own separate scientific philosophy, which cannot be ignored. Likewise, there are other religions too. Advaita or non duality is meditated on its own with the attention on Allah. With this the Kundalini settles in the mind itself. It is natural then that in the form of Kundalini, only a human will be remembered, not an idol or an animal. The same image of the beloved man then becomes Kundalini. It increases human love. But due to bigotry, this humanity is destroyed again. Now the one who will fall in love, if he is killed because of bigotry, then how that love. Therefore, due to the fear of this

possible violence, no real love can be made with a human being. Real Islam will come only when there is a complete stop on bigotry and violence. This happens in the Kundalini tantra. In it, the living guru or deity etc. is loved. Kundalini of his form settles in the mind.

## **Many religions peacefully oppose Hindu Sanatan traditions**

There are many religions even in India, which do not follow many of the eternal traditions of Hindus. This is their own point of view and there is no objection as well, as they do not impose such leftist beliefs on anyone. Islam also has the right to follow its own tradition, without violating the religious freedom of others. But Islam becomes staunch and violent to get its recognition. A forest that is not diverse seems like a desert.

## **The inclusion of violence in Islam was a compulsion of the Middle Ages**

At the time of the creation of Islam, violence was emphasized in it. This seems to be because the people of that time were too illiterate and wild. It was almost impossible to explain to them. The means of education to explain it were not like today. Therefore it was necessary to create fear, because the wave of fear itself spreads far and wide, as a radical means of education. This was especially so in Arab countries. In a country with a decent, favourable and friendly environment like India, education and understanding dominated from the very beginning. Religious fundamentalism and violence from Arabia came through the Muslim invaders to India. Even in today's modern world, that centuries-old tradition remains the same. It is necessary to modify it. Like social reform, religious reform should also continue with time. All religions except Islam have reformed. Muslims should understand this together, and keep going with modernity, shoulder to shoulder with other religious communities.

# **Kundalini and temple having mutual cooperative relationship**

Friends, I got a new Kundalini experience this week. The new may not be said even, you can say it in a new form. There is a very collaborative relationship between Kundalini Tantra and Sanatana Dharma. We will discuss this in this post.

## **Kundalini gets upward movement in the temple**

For a day or two, I was feeling little restless and lightheaded. There was a pressure on my front Swadhisthana Chakra. It seemed that my Kundalini was stuck there. Yoga provided little relief, yet the pressure remained. I went to a shop next to a big temple to book bouquets of flowers for a big ceremony. When I came back, I forgot my bike there. I remembered the bike near the temple. I entered inside the temple thinking that it was God's order. There were locks on the doors of the temple. So I took a walk in an open and wide courtyard outside main temple rooms made of marble. There I remembered Kundalini in my brain. At the same time, the Kundalini pressure of Swadhisthan was also felt ascending. There were some people coming and going there. I moved out of their way in seclusion and sat on a narrow platform with a glass wall. My body itself was trying to create a position that would put upward stretch on the Kundalini of the Swadhisthana Chakra. I meditated on the divine and multihooded form of a serpent laid on my back up to brain spreading its hood. Starting from vajra, my kundalini coming as a sensory vein or channel to the rear Anahata Chakra. Backward flow method of meditation also helped in it. I felt the thoughts of the brain reaching the front Anahata Chakra through the front channel as Kundalini. Due to this, the upper prana and the lower prana (apana) collided with each other on the Anahata Chakra, revealing the glowing Kundalini there. Then I also got a call from my wife who was out from some time, which may have happened by invisible telepathy. It gave me more strength. With this, the pressure

of the front Swadhisthana Chakra ended. My breath started moving fast and deep. That breath was very relaxing and enjoying. All the life energy called as prana related to Kundalini was got by my Anahata Chakra. That made my heart delighted, and I was refreshed up, therefore returned home on the bike, and happily got busy with my work. A new Kundalini-mystery was revealed behind the construction of big temples.

## **Semen retention is the main reason for pressure on the swadhishtan chakra**

This can happen by avoiding sexual intercourse, viewing porn, and also with imperfect tantric sex. Therefore, with proper yogasadhana, this pressure should be kept rising up the spinal column. If there is a headache or pressure in the brain with its reaching to the brain, then this pressure should be carried up to the Anahata Chakra only in the aforesaid manner.

## **Kundalini awakening needs Linga to be considered superior to idol as per Lord Shiva**

*It is to certify that we all under this website don't endorse or oppose any religion. We only promote scientific and humane study of religion. This website is tantric in nature and should not be misunderstood or misinterpreted. Practicing its methods without proper knowledge and qualification may prove harmful for which the website doesn't hold any responsibility.*

This explains the so-called supreme tantric nature of Lord Shiva. He considers his linga as his formless form and his idol as form full form. The linga is a short form of a huge pillar that connects the dark underworlds to the superior cosmic worlds. Brahma and Vishnu could not find its beginning and ending. Similarly, linga also connects Muladhara with Sahasrara. The whole mystery of sexual tantra is hidden in this story of Shiv Purana. If a direct focus is placed on the idol of Shiva or the image of Shiva in the mind, it will not be very effective. But if the image of Shiva on the Vajra is meditated, then it will reach directly into the brain or Sahasrara, and in comparison there it will remain very effective and permanent. The image of Shiva is the symbol of Kundalini here. Anything else like pictures or sensations can be there in the form of Kundalini. By the way, Lord Shiva has asked to worship both his linga and idol together, but has considered linga as the more superior form. From this, it becomes clear that Kundalini can merely develop from various eternal religious traditions, but Tantra has to be supported for its awakening. This is because if the human form and shape of Shiva is not known, then how will one be able to meditate on it over the lingam. The human form of Shiva is known only by its idol. That is why Shivalingam is also placed with idols in most of the temples. Similarly, a real Tantric is not an opponent of Sanatan religious traditions, but a collaborator.



# **Kundalini is the main theme of Hindu Puranas: the story of Shiva and Ketki flower**

Friends, in the previous post I had told about a story of Shivpuran (a Hindu spiritual and metaphorical mythology), which is the basis of the mystery of Tantra Shastra. It is called the story of Ketki flower. In this post I will explain that story in depth.

## **What is story of Ketki flower**

According to Shivpuran, once there was a quarrel between Lord Brahma and Lord Vishnu. Lord Brahma said that he has created the whole world, so he is the greatest. On the other hand, Lord Vishnu started saying that he is the one who maintains and protects the whole world, so he is the greatest. When their quarrel caused uproar, an astrological column appeared between them. There was a voice from sky that the one who will first find its ends, is the biggest. Lord Vishnu walked upwards, and Lord Brahma went downwards. But both could not find the end of it and returned empty handed. Vishnu narrated the true story of his failure to Brahma, but Brahma started lying to Lord Vishnu. Brahma said that he came back after touching its end. Brahma presented the white flower of Ketaki as a witness. Then Lord Shiva appeared there, angry with this lie. He said that he is the eldest and no one other than him has known its beginning and end. Angered by Ketki's lies, Shiva cursed him that he would never be included in their worship. Together, Brahma was also cursed that he would not have a temple anywhere, nor would he be worshiped.

## **Tantric Mystery of Shiva-Ketaki Story**

**Brahma and Ketki flowers symbolize tantric subject**

In fact the above narrative is metaphoric, and is pointing towards the excellency of Kundalini yoga over all. Brahma is the symbol of those who are damaging nature by indiscriminate construction work. Businessmen, politicians and fake religious leaders who use egoism are that type people. People who perform religious rituals like Rajoguni Yajna etc. are also included in this. Arrogance arises in them, and they start thinking of themselves as the greatest. They have no shortage of funds, so they buy people and journalists with respectable and clean image in the society. The white flower of Ketaki is a symbol of such people. They make such people sing their full glory, and ignore the real God and become God themselves. That is why insidious people with such clean and white image could not please Lord Shiva. To make them happy, one has to be naive like a child. That is why Shiva is also called Bholenath or Bhole Baba. Tantriks are also naive. The above people with Brahma-like image also do not get true respect from people. Out of fear of his influence, people give him false respect. Just as Lord Brahma searches for the lower end of the pillar, similarly that type people have more inclination towards the bottom, that is, Tamoguna. Tamoguna may express as uncontrolled consumption of alcohol, meat, etc. They are Rajoguni just like Brahma. Rajoguna is more inclined towards Tamoguna. They reach to the very lower realms or chakras, but they do not reach the lowest world, that is, the Muladhara Chakra. This simply means that they do not wake up Kundalini on the Muladhara Chakra. If the Kundalini is awakened even on the mooladhara chakra, it goes straight up to Sahasrara, penetrating all the chakras or realms, and awakens there too. But only tantric people can do this, not ordinary people.

### **Lord Narayana is the symbol of public servants and donators**

Some people of the society are directly connected to the service of the public. Among them, servants and donators are the main ones. People who perform sattvic rituals etc. are also included in these. People doing many types of mental meditation practices are also like this. Although they are



naive, they still cannot find the end of the astrological pillar. They move upwards on the pillar, because they are Sattvaguni. There are no defects of mind inside them. Ego is also less in them. They go to very high abodes or chakras, but do not reach the highest abode or sahasrara. This means that they too cannot awaken Kundalini. Then Shiva said that he only knows this. Together he said that he is the biggest. It simply means that only the tantric devotees of Shiva are able to awaken their Kundalini.

### **Jyotirmaya or luminous Pillar is symbol of Sushumna channel and different abodes of different chakras**

In fact, the whole world is inhabited inside our own human body, according to “Yatpinde Tatbrahmande”. The same has been proved scientifically in the book in Hindi “shareervigyan darshan – ek adhunik Kundalini Tantra (ek yogi ki premkatha)”. The various upper and lower abodes which are said in the story are the chakras located in the backbone of our body. The light pillar is the spinal cord. It is also in the form of a shining sensation. It passes from Muladhara Chakra i.e. the lowest abode to Sahasrar Chakra i.e. the highest lok or abode. Many types of abodes i.e. Chakra come in between. Its short form is Linga or lingam or Vajra. That is the most important part of that pillar, because the light emanating column is produced there.

## **Kundalini yoga meditation is proved supreme through the description of the metaphor of the legend of Shiva-Ketaki flower in the Shiv Purana in the best way**

Friends, let's meditate Kundalini a little bit. The Shiva-Ketaki story I had told in the previous post is a classic example of metaphors written in the Puranas. The Puranas are full of such metaphors. The subject presented with the help of metaphors is well understood, and well remembered. Most spiritual knowledge is outside the limits of the mind, and is the object of direct experience. Therefore, it is brought into the realm of mind by metaphors.

### **Brahma ran upwards and Lord Vishnu ran downwards to search for the ends of the aforesaid light pillar**

In the aforesaid story we showed Vishnu moving upwards and Brahma going downwards. But the reality was the opposite. Well it doesn't matter much. We can adapt metaphors to either side. The experience of truth remains the same. Metaphors cannot change the truth. Metaphors have no mathematics of their own. Metaphors are only made to explain the truth. In this contrasting position of metaphor we can mold the experience of truth in the following way. People of Brahma type because they get indiscriminate construction work done, so they get different higher realms as a result of their deeds. They do not attain the ultimate world like Sahasrara chakra, because they are enamored of the world. Therefore, they are unable to do Kundalini Yogasadhana. If they do, it is not quick fruitful. The rest is all right in the metaphor aforesaid. Similarly, Vishnu types symbolize humility, deep exploration, and contemplation of knowledge.

They engage in the service of the oppressed people living in the lower realms. In them also comes the ego of nourishing and protecting the world. Yet they do not boast about their false bravado, nor do they beat their influence too much. Therefore he is said to be going into the lower worlds or lower chakras. For this reason, his Kundalini Yoga practice also does not succeed easily. The rest is all right in the metaphor. The real Tantric Kundalini Yogis are just like Lord Shiva. They have no concern about worldliness. They are blissful and joyful with their Kundalini. They awaken their Kundalini by not wasting their energy enhanced by tantric practice in the world. They do not run into wanting to get more. They get satisfied in what they get. Lord Shiva also has nothing except a tiger skin, a tiger carpet, a trident, a snake, a bull and Parvati Mata. He remains immersed in deep and joyful meditation while remaining happy in those things what he has naturally.

## **The flower of Ketaki is a symbol of people who do not recognize God even when they are with him**

It is mentioned in the story that the white flower of Ketaki fell from the forehead of Lord Shiva, but he also did not know the beginning and end of that pillar flame. People with a clean image like Ketaki are also like priests, who do not know God even after constantly staying in temples. The general public believes in them, so people of Brahma type take this advantage illegally. They make them sing their praises on the basis of money, and show that they know everything, that is, God. The rest is the same in the metaphor.

## **Kundalini's brightness is reduced for a man by his horoscope, by which the darkness of sin dominates and shows its bad effect**

Friends, recently I faced some unfortunate incidents. To prevent such incidents, my acquaintance got my horoscope tested by many types of astrologers. Views of Some astrologers were taken online and offline by few others. Everyone called my planetary condition very bad. I was immediately weighed with grains to be donated to poor. Hanuman Chalisa, Durga Raksha Stotra, and Gajendra Moksha Stotra were advised to be read. I was advised to recite Mahamrityunjaya mantras. In this post I will share my Kundalini-related experiences and psychological principles related to these things.

## **Kundalini starts to slow down when bad times come**

Even after doing regular yoga, the Kundalini of my mind was slowing down. I could not understand the reason for that. Although this used to happen to me long ago too, I could not remember the reason for that. At that time also I used to fall under the shadow of bad luck.

## **Kundalini starts shining through religious acts, which do all kinds of well-being**

In fact all religious acts benefit only through Kundalini. Kundalini is absolutely confirmed by them. That Kundalini then engages in the goodness of man in every way. It is Kundalini who saves man from disasters. While being weighed in either pan on the beam scale, I realized that my sins or say that the burden of the mind had come down from

my shoulder with the grain kept on the other pan. It made me lighter and became like a very empty space inside me. Filling that empty space, my Kundalini began to flicker. I felt feel good by that and after that I started enjoying Kundalini all the time. All other spiritual qualities related to Kundalini also reappeared in me. It also improved my life. I also felt my Kundalini getting strengthened by fasting, chanting etc. To satisfy particular planets, special religious acts are told, because they are the ones that highlight Kundalini the most.

## **The celestial bodies affect the Kundalini, because both are bright**

Sins appear as a darkened burden to the mind. They try to suppress Kundalini. Similarly, the bad planet condition also shows its influence by suppressing Kundalini. With the suppression of Kundalini, old sins are manifested as a burden of the mind. For a man, bad planet Dasha or condition means that the brightness of the planets is reduced for him. It also reduces the brightness of Kundalini. Those who do not have Kundalini in their mind, the planets show their influence by affecting the brightness of their normal mindset.

## **How do planets make their impact**

We can understand this with a simple example. The Sun is considered to be the largest and brightest planet, and its effect is also most visible. On a bright sunny day, the mind is filled with joy and feel food. On the day when the sun's light is covered with clouds, there is a shadow of depression in the mind. Other planets show similar effects, which are understood through astrology. Just as radio signals are everywhere, but they are received only by those applying proper tuning; Similarly, the brightness of the planets is everywhere, but only a man with proper horoscope-condition gets it. This is similar to how many people are not able to enjoy even the sunlight. This is because they have not tuned with the sun and its light. Perhaps to create this tuning, there is a religious tradition of offering arghya or holy water to the sun in the morning. Similarly, Navagraha Poojan or

worshipping nine planets leads to tuning with all those planets.

## **Astrology can provide additional support during the Corona period**

In the cases of diseases that are curable, no one talks about spiritual psychology. Everyone wants to adopt easy shortcuts for success, of course it is not sustainable. But in Corona, it can provide special benefit, because there is no cure for it. When the burden of the mind is reduced, it is natural that the immunity of the body will increase, which will help in fighting the corona. It has already been proved by scientific experiments that meditation of the Kundalini increases the immunity of the body.

## **Astrology is a complete science in itself, which requires intensive scientific research**

I did a lot of search on Google to find some simplified websites in the name of demystifying astrology etc., but I could not find one. Scholarly readers related to astrology are expected to take initiative in this field and take astrology to the common people with complete ease.

# **Kundalini is that tuning frequency of the mind, which captures even the slightest temporal and otherworldly movements**

*May Kundalini grow with Christmas. Happy Christmas to all.*

Friends, in the previous post I explained how tuning with planets can reduce their side effects. In this post we will discuss what that tuning is, and how it is related to Kundalini theory.

## **Kundalini is the frequency of the mind that we can tune with the planets**

We note the tuning of the radio, and we operate the radio at the same frequency. Playing at other frequencies will not play radio. In the same way, we know our Kundalini well, and we never forget it. It is the most important picture of the mind. Yogis also remember it daily with yogasadhana. If the light coming from the planets is reduced due to any horoscopic-combination, then the brightness of the Kundalini of our mind starts to increase to balance it. On realizing this, we also increase Kundalini Yogasadhana. We do not get much benefit from increasing the brightness of other images of the mind, because we had not connected them with the planets and their light through religious rituals like planetary worship. Religious activities empower Kundalini only to make it as tuning frequency of mind. In other words, their tuning was not done with planets. Other activities empower plethora of thoughts and images in mind. This can not raise the energy of any of the thought up to tuning level. Tuning thought is as better as full of energy because every stuff inside or outside, here or there is full of energy. We can also call it auto search function. Kundalini, pre-tuned with the planets, activates itself. Kundalini becomes active when there

is any change in the planets. She acts as a buffer to provide protection against the shocks of light change.

## **Kundalini meditation over the planets makes it tuning frequency**

This is done by worshiping the planets, offering arghya (holy water) to the Sun, daily reading almanacs or panchanga (maths of planetary movements) carefully, and other various religious rituals. That is why it comes in the scriptures that there is never any misfortune on a person who reads the almanac carefully. When the planets are illuminated for a man, his Kundalini begins to glow by accepting that light. When those planets become dark for that man, then the same Kundalini continues to provide light to that man. In this way, the Kundalini acts like a battery or a phosphorescent material, which keeps charging and discharging, and prevents darkness. Kundalini is also charged with daily Kundalini yoga.

## **Planetary remedial measures recharge Kundalini**

For planetary peace, religious rituals are performed like Navagraha Poojan, charity, chanting, meditation, fasting, sacrifice etc. All these measures illuminate the mind. The most illuminated stuff is Kundalini because it is the most important picture in the mind. The light emanating from that Kundalini makes up the lack of planetary light.

## **Every life situation is planetary**

Every event happens in the light of the sun. Because all celestial bodies are connected to each other, so all other planets also contribute to them. Therefore it is natural that Kundalini is beneficial in every situation of life. If a man is getting the support of the appropriate events to grow, then we can say that his planets are auspicious. Similarly, if a man



is not getting events or getting inappropriate events to progress, then we can say that his planets are inauspicious.

**The concluding explanation of this post is that in order to always get pleasant music from a radio set, it is always necessary to keep it on tuning frequency, in the same way it is important to always keep the Kundalini in mind in order to remain blissful.**

# **Kundalini with conical or dome-shaped mountain as a type of Shivalingam: Last Blog Post of the Year 2020**

*May the new year be filled with brightness and hope so that darkness and sadness stay away from you. Happy New Year 2021!*

Friends, mount Karol is a very attractive mountain in the Himalayas. It is shaped like a Shivaling. While climbing above the plains, it appears to be located at the entrance of high mountains. We will discuss its psycho-scientific contributions related to my Kundalini in this post today.

## **My birth relationship with mount Karol**

I was born in the eyes of this mountain, and grew up in front of it. This highest mountain in the vicinity stood like a witness before me all the time. It always kept witnessing to my deeds, and inspired me on the way. It never let me allow ego. As soon as I ever felt a little ego, he used to say, "I am the greatest and the highest, yet I never have ego; then why do you have ego in front of me even as small as a worm". My ego used to be destroyed by this taunt. With that, the Kundalini of my mind used to start glowing. I used to travel and visit this mountain, because most of my friends, relatives and means of livelihood were on this mountain. Every morning when I was offering water to the sun, it was rising from behind this mountain. Due to this, that holy water of worship could also be used by the mountain itself. Unknowingly, that mountain had become my favorite deity and friend.

## **Over time, my Kundalini became strongly associated with mount Karol**

While giving water to the sun, the Kundalini, which grew in my mind, connected itself with Karol mountain. The sun cannot be seen directly, nor does the sun god remain in front of the eyes all day. But that mountain was always in front of the eyes. For a long time, he could also be seen with a straight eye. While working, when I would lift my head a little, then that mountain would come to my sight suddenly, and along with it my kundalini attached to it. In this way, my Kundalini remained with me throughout my life, and continued to grow. As a result, I also got momentary enlightenment with the view of the same beautiful mountain, and Kundalini awakening was also found under the shadow of his feet.

## **The shape of the Karol mountain like a Shivling also helped in the development of my Tantric Kundalini**

Shivpuran has been shown to have a lot of spiritual significance in the shape of Shivling. There, worship of Shivling is considered to be the best. Just think, when the Shivalinga of a small domestic size has so much importance, then why the mountain with the shape of Shivalinga will not matter. This will increase the importance of shivlingam manifold, because due to the vastness, infallibility, immortality, and egolessness of the mountain, respect for him is greater anyway. That is why the mountain is also considered a deity. This is why people go to the picturesque mountains for spiritual practice. By the way, when seen from different angles, that mountain was seen in different shapes, although the beautiful shape like a Shivling was seen more from my house and the surrounding area. This means that the actual shape is not as important as the figure in our awareness. Due to the subtle tantric importance of Shivalinga, the shikhara or peak of the temple has some cone or dome shape. This shape is actually associated with the base or muladhar chakra, and the same is responsible for its strength. The form of Mount Kailash is similar, and is probably the most consistent with Tantra. That is why here is said to be the abode of Lord Shiva.

## **A mountain is like a human absorbed in a meditative practice**

For this reason, the form of the mountain has been associated with the form of Lord Shiva. His flora is Shiva's hair. The river-stream and waterfalls originating from it is the Ganges River originating from Shiva's coir. The moon rising on him is a beautiful crescent of Shiva's forehead. The people and wildlife living inside him are in the form of a snake wrapped on Shiva. His non-vegetative and rocky terrain is in the form of naked part of Shiva's body.

## **The mountain has its own form as the form of yogi during the Kundalini awakening**

This state is a mixed form of existence, nonexistence, and perfection. Even in the state of intoxication, both existence and nonexistence are both together, but existence does not have full potential. The state of nonexistence in the mountain soul is in the form of consciousness devoid of duality and judgment, the state of existence is as the bliss of existence, and the state of perfection is as the perfect bliss of perfect existence. This perfection is in the form of supreme experience. It can also be known as zero or shoonya of Buddhist (neither existence, nor nonexistence). Like the mountain, all other inanimate substances are as super conscious as the Kundalini awakening experience, not lifeless. That is why during the Kundalini awakening everything seems to be the same to one along with perfect bliss and super conscious. Lord Krishna understood this omnipresent form of Mount Govardhana, so he could escape from the wrath of the god Indra and could also save the villagers of Vraj. The villagers considered Govardhan Parvat as their local deity, which was limited and isolated. This narrative also seems like a metaphor to me. Indra is a symbol of city dwellers and people living in plain geographical area with arrogance of development and resources. Govardhan Parvat is a symbol of the natural and lush green valleys of the village. Vrajwasi (villagers of Krishna home village Vraja) is the symbol of an illiterate, rural, hilly, backward,

superstitious and egoistic man of narrow thinking. It is worth noting here that the ego is in both the townspeople as well as the villagers. However, in townspeople there is an arrogance of highness and artificiality, and in rural people of lowliness and nature. These two types of ego collide. A man devoid of both these types of egos is like a knowledgeable Krishna who, mixed with both these types of people, remains untouched by their ill effects.

## **Kundalini makes an officer a true officer**

Friends, I love officers since childhood. I could see the appearance of a deity in them. I used to see a sense of belonging and security in them. In return, the officers also had a special love for me. While living the life of the officer, I now understand why it used to happen.

### **Real officers are nondual like gods**

An officer does not do anything even while working. That is why it is said that officers do not do anything. In fact, an officer does all the work with Advaita or non duality. The work done with Advaita is no longer work. Only he can get others to work, who neither works himself, nor is workless. It is just like if a person who is not stuck in water can get the other person trapped in water out of the water. Making others work is also a job. By staying with Advaita, the work of an officer is neither a work, nor a worklessness. In a way, all his works fall out of the definition of work. If the officer remains without doing work, he will be called workless. Worklessness also comes within the scope of work, as both work and worklessness are relative to each other, and derive power from each other. Therefore, to be outside the scope of work, it is necessary that he should work continuously with Advaita. Because Advaita and Kundalini are always together, Kundalini can also be taken care of directly. Only then can he take top class work from his subordinates.

### **Lord Ganapati, the supreme authority of the deities, is also an idol of Advaita**

Lord Ganesha is also known by the names of Gananayak, Ganapathi, Gananath, Vighnesh etc. All these names are of leadership. That is why he is worshiped before all the gods. The scriptures give him a special form. His face is of an elephant, and the rest of the body is of a human. This form signifies Advaita. This indicates the advaita between beauty

and ugliness. It is an attempt to show that powerful Advaita, which is born with the cooperation of animals and humans. The elephant itself is also indicative of advaita bhava. It shows fearlessness and carelessness like a nondual saint. The elephant is also a symbol of kamabhav or romance and related Muladhar Chakra, which, like a hero or leader, comes first and foremost.

## **Similarity between a true officer and a Kundalini Yogi**

Both types of people are nondual or advaitsheel. Both have detachment. Both are blissful and cheerful all the time. It also proves that Kundalini Yoga can help in fulfilling the lack of mastery in the officer. Therefore, an officer must do Kundalini Yoga. Kundalini / Advaita also develops from the love affair. That's why you must have seen that most of the officers are very crazy about love affairs.

## **Importance of Advaita philosophy like “physiology philosophy” for an officer**

Hindu scriptures and Puranas develop the spirit of Advaita or nonduality. Therefore an officer should read them daily. In this episode, Premayogi Vajra has written a book called “Physiology Philosophy or sharirvigyan darshan”. It is also called modern Purana, because it is completely scientific. At least one should not hesitate to read it.

## **Advaita inspires you to work**

It is commonly seen that seeing the bliss and cheerfulness of the work of a nondual man, others also start working. Even if he has to speak to others for work, it is so friendly and loving that it does not seem to be the order. In a way, even speaking it becomes equal to not speaking. The quality of the real officer is also that as soon as he comes in contact of the people, the people themselves start working well. People start thinking of their development themselves. People

become happy and cheerful with their work. If the officer has to speak or order to get the work done, it means that there is a deficiency in the nondual behavior of the officer. In fact, officers do not speak even while speaking, and do not give orders even while giving orders. True officers are amazing artists.



# **Kundalini is the most secular thing**

Friends, many people associate Kundalini with the name of religion mainly with the Hinduism. Earlier I used to understand almost the same. The reason for this is lack of deep understanding about Kundalini. This blog seems to fill this gap. Today we will try to prove the top secularism of Kundalini in this post.

## **Each religion or denomination has its own different worship**

For example, there are many gods and goddesses in different sects of Hinduism. The Shaiva sect recommends worshipping Lord Shiva. The Vaishnava sect has asked to worship the incarnations of Lord Vishnu. Devotees of Shakta sect worship Goddess Mother. Brahmist Hindus worship the formless OM. Similarly, in Sikhism, the attention of the gurus and the implementation of their teachings is important. Jainism describes Lord Mahavira and his teachings. Buddhists consider Lord Buddha to be their greatest God. Islam is said to be devoted to Allah. Christianity emphasizes devotion to the Lord Jesus.

## **There is no adorable in Kundalini Yoga**

This does not mean that Kundalini yogis do not care for anyone. This means that in Kundalini Yoga there is the freedom to choose adorable as per one's choice. In fact, the thing supporting meditation is called Kundalini, as Patanjali has said in his yogasutras. "Yatabhimatadhyanatva" In this sutra Patanjali has said that the mind can be stabilized and made yogic by meditation of any desired object. It is a different matter that by mixing sensational energy with help of the techniques of Tantric Hatha Yoga, it is further strengthened. Kundalini can be in the form of any object or sentiment. It can be as a lover, and also as an enemy. Krishna had Kundalini as Goddess Radha, and Goddess

Radha had Kundalini as her lover Krishna. Shishupala considered Krishna his greatest enemy, so his attention was always on Krishna. In this way, Kundalini of Shishupala was also in the form of Lord Krishna. Kundalini can be as a guru, and also as a disciple. It can be in the form of light, and also in the form of darkness. It can be as elder, and also as younger. It can also be in the form of tantra, and also in the form of mantra. It can be in the form of a god, and also in the form of a ghost. It can also be in the form of a deity, and as a demon. It can also occur in the form of inanimate matter, and also as a living being. It can be in human form, and also in animal form. Moreover, it can also be in formless form like OM, Allah etc. It simply means that the thing which a man has the most inclination towards, he can make that object his kundalini. Then he can also wake it up by doing his regular meditation through yoga. It is a different matter that most people meditate on good and beautiful personalities such as Guru, Deity, etc., as what a man meditates, he becomes like that.

## **Kundalini is even more secular than materialistic science**

Science also advocates following only the principles proven by practical experiments. It does not consider anything other than those. Kundalini is beyond the limits of these constraints. Kundalini can also be given the form of a true object or sentiment, and also of an apparent object. Science does not believe in gods, but many sages have awakened them as Kundalini. I had also said in previous posts that the shape of the Karol mountain was not exactly the same as the Shivalinga, but it appeared to be a huge Shivalinga from my residence. Many Shiva devotees used to focus on the same spiritual shape. The above facts lead to the conclusion that Kundalini is the most sensitive, sentimental, sympathetic, independent, loving, humanist, democratic, scientific, and secular; Even more than materialistic science. Kundalini science is knowing this thing very well that the personal interest of everyone should be respected.

## **Kundalini-lingas including the Muladhar Chakra as the best one**

Friends, Shiva Purana has focused most of the attention on Lord Shiva. Lord Shiva is considered to be the Kundalini in it. Throughout this Purana, there is an abundance of Lingas. When Shiva (Kundalini) is meditated on the linga, it becomes a Shivalinga or Kundalini-linga. Shivalinga is the axis of Shiv Purana, around which the whole Purana is revolving.

### **The symbol associated with Kundalini is called Kundalini Linga or Shivalinga**

In fact, the symbol associated with the main object is called the linga or gender of that object. For example, the symbol of masculinity associated with male is called masculine gender and the symbol of femininity associated with woman is called feminine gender. Without linga, there may be some reduction in the main object, but it is not finished. If the signs of maleness in a male are eliminated, then there may be some decrease in the masculinity of man, but the man will remain the same. According to this, the lizard's tail can also be called the lizard's linga. When she drops it, it may cause her some difficulty in maintaining her balance, but the lizard remains the same. Similarly, the main object in spirituality is Kundalini. Kundalini gets additional strength by connecting it with the lingam in the form of symbol of any idol etc. If that symbol or lingam is removed, then there may be some decrease in Kundalini meditation, but the Kundalini still remains in the mind.

### **Kundalini yoga belongs to movable lingam**

Shivpuran describes many types of lingas. The chara or movable linga is of special importance to the Kundalini Yogi. In this, the fundamental sensation has been considered as lingam. Different chakras of the body are the changed places of that lingam. That sensation evolves on the lower chakras, and rotates in a circular way through all the other chakras.

## **Our own body as the most permanent lingam**

Other types of lingas are non movable. They also include lingas made of mountain or stone. Lingas made of mountain are permanent. Lingas made of stone are temporary. Lingam made of stone is better for women. Other types of lingas are subtle lingas. Mantra lingas are the main among them. Kundalini is meditated on the mantra. ॐ OM is also a perfect type of mantra linga. Subtle lingam is better known for ascetics. Mountains are called permanent lingas because they remain the same for millions of years. According to this, our own body proves to be the most permanent lingam, because it will continue to be available to us in every birth until we get liberation. It simply means that Kundalini yoga meditation is the best meditation. In fact, the second meaning of lingam is the experience of sensation, which we get with the help of different kinds of substances and feelings. Kundalini is superimposed over the same sensation. Because we get the most intense and sweet sensation from our own body, not from outside, therefore the Lingam inside the body is the best Lingam. This principle is the basic principle of Tantra Yoga. A book titled “Physiology Philosophy – A Modern Kundalini Tantra (A Yogi’s Love Story)” written in Hindi is shown to prove this very strongly.

# **Kundalini with Chakra balancing is the key to balanced life that leads to stress reduction itself**

Friends, nowadays life has become very struggling and competitive. The intricacies of relationships have also increased a lot these days. It is natural for the burden to increase in the mind. Today we will discuss this and how to avoid it with the help of Kundalini.

## **Uncontrolled burden of mind is the root cause of most problems**

The man's uncontrolled burden of mind brings many behavioral changes in him. He becomes irritable and angry. This increases his stress. Increased stress reduces his ability to work, and he becomes a victim of various diseases. All these make his family, social and business life mess up. His breath also seems to stop, and also become irregular. This also causes a lack of oxygen in the body.

## **Chakra meditation helps reduce stress**

Due to the non-utilization of all the chakras equally, the life force is not divided in equal quantity between all the chakras. Due to this the chakras which are excessively overpowered, they become adversely affected by the workload; And the chakras which get less life force than necessary also become adversely affected by not getting enough work. That is why it is said that yoga provides health benefits. In fact, with proper Kundalini yoga, all the chakras remain healthy and active. This makes life controlled and balanced. We have often seen that intellectuals working in the midst of nature have attractive personalities. Their lifestyle is balanced. This is the reason that their brain chakras are kept healthy by the work of the brain, and other chakras of the body by physical actions. If those people also do Kundalini Yoga, then they will

also benefit, then how will urban people with lazy lifestyle not get.

## **Kundalini acts as a carrier of life force**

Pranashakti is invisible. We cannot even experience it easily. Then how to rotate it on chakras. In fact, Kundalini acts as a handle for life force. Wherever Kundalini goes, Pranashakti goes there itself. That is why only the Kundalini is revolved on the chakras.

## **A practical recipe to reduce the unnecessary burden of mind**

The tongue is held pressed lightly along the palate. Contact with the tongue and palate is taken into consideration. Let the movements of thoughts in the brain keep going, and also keep attention on them. Keep attention on the body's front channel and back channel as well. If possible, keep awareness on all these together, otherwise shift the attention from one to another. By doing this, the Kundalini will suddenly appear in the brain, and other unnecessary thoughts will slow down. Kundalini will remain in the brain continuously with joy revolving on all the chakras too, and the unnecessary burden of the brain will also be reduced. One can imagine the back channel as a hood raising Sheshnag, on whose central line Kundalini runs. By taking long and deep breaths through the abdomen, Kundalini gets the additional power to walk in the channel. Even directly, Kundalini meditation can be focused on a particular chakra, and it can also be kept in mind that the life force will descend itself through the front channel from the brain to that chakra. With this, the brain power also reaches that chakra in a short time. With that, along with the spasm on the chakra and bliss the Kundalini begins to glow rapidly. The burden of the brain becomes lighter. It is as if the electric current reaches the target immediately in the form of electromagnetic waves, while the electrons take longer to reach.

## **Increasing appetite by drinking tea**

It is often seen that drinking tea decreases appetite. This happens because tea makes the life force go to the brain. That is why after drinking tea, colorful thoughts start popping in the mind. This leads to loss of life force in the digestive system. Many times I brought down the increased life force of brain gained via tea through Kundalini Yoga, and set it especially on the navel chakra. It suddenly increased my appetite. Similarly Pranashakti can also be focused on other chakras. We can call it Tea Yoga. This proves that through Kundalini Yoga we can control many metabolic activities of our body.

## **Kundalini is the manifestation of Lord Krishna who killed Mythological Kaliyanag in Yamuna river**

Friends, yoga is a scientific method. Common people cannot understand it easily. They will practice it when they understand it. That is why the Puranas have been composed to facilitate the common public. Yoga has been explained in the Puranas as various mythic events and stories. Although being as mythological forms these stories are still theoretically true. This is so because these myths are classical and specially designed, as opposed to non classical or ordinary myths. Contrary to the thinking of some so-called modernists, they do not fall under the category of superstition. Many things cannot be said directly to avoid violations of social, personal and practical limitations, hence they have to be said as scientific myths. Yoga can be difficult to understand instantly. One has to adopt a Yogic or nondual lifestyle for a long time. That is why in Puranas, things related to yoga are presented as amusing mythology. This keeps these stories interesting for a man for a long time. With this, a man automatically becomes a yogi indirectly, and with a little extra effort, he can also become a perfect yogi if he gets a favorable situation. If everyone became a fulltime yogi together, then how would worldly work go. That is why yoga is molded as such scientific and pleasant stories, on which faith remains. Due to this, the man remains tied in the Yogic lifestyle at all times even while performing all the obligations of worldliness. One such famous story comes in the Shrimad Bhagwat Mahapurana, which describes the war between Lord Krishna and Kaliyanag. According to that legend, a huge snake named Kaliya who had hundreds of hoods lived on the island of Ramanak, with the fear of Garuda, the vehicle of Lord Vishnu. He was cursed by some saint that Lord Krishna will kill him and liberate him. Therefore, he came to the river Yamuna flowing near Vrindavan. The water of the Yamuna became poisonous due



to its poison, killing the people, birds and animals around. Lord Krishna was playing ball with his grazer friends. Then his ball went into the water of Yamuna. Shri Krishna immediately leaped into the Yamuna. The next moment he was wrestling with Kaliyanaag. After a lot of trouble, Shri Krishna climbed on the middle and biggest head of it. There he increased his weight and mashed his hoods. He grabbed his head and tail together and hit him here and there. In the end, he forced Kalyanag to give up. Then Kaliyanag's wives came there and started asking Lord Krishna for his life. Srikrishna left him on the condition that he along with his family would leave the Yamuna and return to the island of Ramanak and would never enter the Yamuna again.

## **Kaliyanag is a symbol of the sushumna nadi or spinal cord, and Lord Shri Krishna is the symbol of Kundalini**

In fact the structure of man resembles a serpent. The man's software is made up of his central nervous system, which looks like a hood raising snake in shape. The brain and spinal cord come in it. The rest of the man's body has been overlaid on this central nervous system. Sushumna channel runs in this central nervous system. Here the water of Yamuna river symbolizes the cerebrospinal fluid flowing around the spinal cord. Living in the island of Ramanak is a symbol of worldly indulgence. The word Ramanaka is derived from the Sanskrit word Ramanika or ramaneeya, meaning amusing. The fear of Garuda symbolizes the fear of saints. Saints do not go to the indulging places. It is seen that saints keep people away from unnecessary conflicts of worldliness. The curse of a monk means to show the right path to God by a gentleman. Saying about Kaliyanag being killed by Shri Krishna is a symbol of liberating him from the bondage of attachment. Shri Krishna sending him back to the island of Ramanak means that he should go in seclusion away from the innocent people of the world and spread poison of attachment there. Kaliyanag's wives symbolize the ten senses. There are 5 work senses and 5 knowledge senses in them. These senses are said to be the wives of Kaliyanag because they become very powerful in the

connection with the man attached to the world and become one with him. The poison of Kaliyanag signifies a attached lifestyle. It is the most powerful poison in the world. Due to this, man keeps dying in the cycle of birth and death again and again. The poison emanating from hundreds of hoods of Kaliyanag means that this attachment keeps on growing due to the hundreds of desires and worries that arise in the brain. Lord Krishna is the symbol of Kundalini here. His climb to the central hood of Kaliyanag means meditating Kundalini in the Sahasrara Chakra. Playing ball by Sri Krishna means Kundalini Yogasadhana. The ball is a symbol of pranayama here. Boy Krishna's friend grazers symbolize various types of pranayamas and yogasanas. Breathing in and out denotes the ball going back and forth or up and down. The entry of the ball into the river means the entry of pranavayu into chakras. Sri Krishna's leap into the river means that Kundalini also entered the chakras with pranavayu. Yamuna is the holy river in which Sri Krishna jumps. This means that the Kundalini enters only in the chakras consecrated by breathing. Mulling of the Kaliyanag by Sri Krishna means that Kundalini has curbed the mind's unnecessary desires and concerns, and has cleaned up the ideological waste buried in the subconscious mind. The holding of Kaliyanag's head and tail together by Sri Krishna means that the Kundalini has spread across the entire Sushumna channel from Muladhara Chakra to Sahasrara Chakra. Taking power from the Muladhar, Kundalini is shining in Sahasrara. This happens when the palate-tongue joint or Sahasrara and Muladhara are meditated together. By doing this, Kaliyanag's banging means that the unnecessary noise of the brain is being eliminated, due to which man is moving towards eternal joy. To attempt to kill Kaliyanaag means to let the central nervous system of the body function in a controlled manner. Kaliyanag's non-entry into the Yamuna again means that after Kundalini awakening, man never behaves indulgently.

## Kundalini switch

Friends, this time I will describe the simple technique of yoga. This is, to touch the lower surface of the tongue with the soft palate. Well I had written about it earlier also. But this time I will show the practical form of the technique. Just now I landed the Kundalini through the front channel through the tongue. With continuous practice of yoga, my technique is constantly improving. I am constantly learning new things about it.

### **The brain's thoughts and tongue-palate touch should be meditated together**

By doing this, the power of thoughts itself goes down through the front channel.

### **The more far inside the tongue is in contact with the palate, the better**

The back part of the palate is soft, velvety, moist and slippery. There the sense of touch is also stronger and full of joy. The more the Kundalini is in the upper chakras, the faster and deeper the sensation of mutual touch of the tongue and palate. Even if the touch sensation remains for a moment, the Kundalini descends. This is similar to the way a current flows through the momentary contact of two wires. Many times this feeling is also produced by rubbing the tongue on the palate.

### **Breathing also works to make and erase the tongue and palate touch**

That is why the contact point of the tongue-palate is also called Kundalini switch. This contact point becomes somewhat loose while breathing. Actually, awareness decreases here. This means that the Kundalini switches off, and the loop circuit of the channel breaks. This causes

Kundalini energy to accumulate in the brain. This happens more thoroughly when the air is inhaled through stomach movement. Similarly, meditating on the back channel as a hood raising snake also helps Kundalini to climb up the back channel. The accumulation of Kundalini energy in the brain also makes it easier to experience the sensation of touch of the tongue and palate, as mentioned above. Also, it becomes easier while exhaling, because at that time there is downward pressure on the entire front channel. In this way, all these technical points help each other like the spares of an automatic device, and the Kundalini cycle starts running continuously. This refreshes both body and mind. Anyway, anytime the tongue touches the palate, the extra burden of the brain comes down. When the brain becomes empty, the Kundalini manifests itself in it. Nothing happens with just touch, awareness should also reach there. Deep feeling of touch sensation there causes reach of awareness there itself. As a result, there is a deep muscular sensation in the front channel, especially in the front swadhishtan chakra, and regular and deep breathing starts with a deep gasp of breath. This is the movement of Kundalini Energy.

The front channel passes through the center of the back of the tongue, intercepting all the front chakras up to the Muladhar Chakra. This causes a sensation with cramp in the entire front channel area as Kundalini Energy passes through it.

## **At times, the Kundalini energy is felt on a thin and central line, sometimes without a line**

One does not always have to move the tongue too far back on the palate. Many times a good feeling is found in the front bony part of the palate. In normal position of tongue, tactile sensation can also be experienced along the palate instead of inverted tongue. It should be done as it seems appropriate. At times, Kundalini feels moving in a thin line. This happens when meditation is deep, and the mind is calm. Many times the Kundalini Shakti is seen only changing place from one

Chakra to another Chakra, the channel line connecting the Chakras is not visible. Feelings develop on their own with practice. Therefore, do not imitate the sensations of others, and one should be engaged in right practice. Similarly, sometimes the movement of the Kundalini causes the contraction and relaxation of the muscles of the area to be felt, of course, the Kundalini is not detected. This is done by applying the correct technique. It shows the influence of Kundalini. Sometimes it does not even feel, especially when the muscles are tired.

## **Kundalini resides in Sahasrara Chakra while Kundalini Shakti resides in Muladhara Chakra**

Friends, confusion is often seen in the world about the difference between Kundalini and Kundalini Shakti. Many people consider Kundalini as Kundalini Shakti, and many others consider Kundalini Shakti as Kundalini. Today we will discuss this empirically.

### **Muladhara Chakra is the original abode of Kundalini Shakti, while the original abode of Kundalini is Sahasrara**

Shakti is produced in the base chakra. She goes to Sahasrara and confirms Kundalini. From this it seems that Kundalini is being born in Muladhara. From Sahasrara the energy descends through the agya chakra, and spreads to all the chakras of the body. This gives the impression that Kundalini is rotating on all the chakras. Actually that energy is rotating. Shakti is also called Prana or Pranashakti. If there was a Kundalini on the chakras, it would be awake there too. But Kundalini awakens in Sahasrara only.

### **Brain is the place of experience in the body, no other place**

If there is itching in the skin of any part of the body, it is felt in the brain. Although it seems to us that there is a sensation of itch in the itchy area. The same happens with Kundalini. Even if we meditate on the Kundalini on any chakra, it will be felt in the brain. But it seems that there is a Kundalini on the chakra. If the brain is made unconscious by medicine etc., there will be no sensation or meditation on the chakras of the body. Similarly, when the sushumna channel is experienced in the form of a bright streak in the back, then that feeling is also happening in the brain itself.

## **Descending from the brain through the front channel, Prana also brings down the virtual picture of Kundalini**

This is proved by the fact that when the Kundalini is meditated in the brain, and when the prana is brought down from the brain by attaching the tongue to the palate, the Kundalini also descends with it and penetrates all the chakras and reaches the base chakra. As energy revolves, Kundalini's picture is constantly being made in the brain, but its experience is on different chakras. Similarly, ascending from the back, the prana seems to be carrying the Kundalini back up. Although Kundalini is only in the brain. This means that when Prana drives Kundalini with him, then Kundalini also drives Prana with her, because the two are interlinked. In Tantric Hatha Yoga, Prana is made as a handle for Kundalini, while in Raja Yoga, Kundalini is made as the handle for Prana. Both methods are used in mixed yoga, so it is most effective.

## **When the various thoughts of the brain come down with prana, they become Kundalini**

This happens because the yogi has a habit of contemplating Kundalini. Therefore Kundalini thought is most loved. That is why we say to the dear person that he is a piece of my heart. The mother refers to her womb for her son. When the prana is centered on a chakra, then there is very little prana left in the brain for thoughts. In such a low state of prana, Kundalini picture can only be made, because with the practice of daily yoga, the brain has a habit of making it easily and with less life energy. Similarly, at the time of yoga practice, when the mind is thoughtless, only the Kundalini is exposed to the energy that is offered to the Sahasrara from the base chakra. This is because Kundalini does not need to be thought carefully. She keeps herself on the meditation screen by daily practice. Similarly, during yoga practice, even when the breath is full of life, only the Kundalini is confirmed. This is because only the Kundalini picture can shine the fastest,

taking the most of those breaths. It is only through daily Kundalini practice.

## **The place of cognition is the Sahasrara Chakra, that is why it is said that the soul resides in Sahasrara**

I felt Kundalini awakening in my whole brain. It seemed that every particle of the brain was vibrating or awake. Although Kundalini was being felt in the upper most part of the brain. It is also called the crown Chakra. When the feeling of awakening ended, Kundalini was felt in the agya chakra. The awakening begins with Sahasrara because the prana shakti that rises above Muladhara directly enters Sahasrara and brightens the Kundalini there. It is possible that the experience is only in the Sahasrara Chakra, and the feeling in other brain centers has come from Sahasrara itself. Although my guess is against scientific experiments, in which many centers of cognition have been reported in the brain. By the way, medical science has not yet solved the puzzle of chakras and nadis. Similarly, just like the agya chakra and lower chakras, the sensations felt at all points of the brain and body are referenced. Sahasrara is the original place of sensations. Just after awakening in Sahasrara, Kundalini comes on the agya chakra. This shows that the lower chakra is of lower energy level than the chakra above it. This means that different levels of prana in Sahasrara are expressed as different chakras. The energy level is at the top most level during awakening. The sensation of awakening ceases as the energy level falls below a certain threshold. Even at that time, Kundalini would have been in Sahasrara itself, but she seems to be in the agya or ajna chakra. This happens because life force has descended from Sahasrara to the ajna chakra. If Kundalini had not walked with life force or prana, she would have felt on any chakra immediately after awakening. After that, as the prana goes down, Kundalini is also felt going down with it. It is like when a person has severe pain in a limb, he feels it in Sahasrara, and the man says that his head is being torn. This has also led to a saying that “there was so much pain that the peak



(choti) stood". Actually the hair braid is tied near Sahasrara. Minor pain is felt localized only in the local area of the affected limb. If the teeth are uprooted without numbness, there is a very severe pain in Sahasrara. The man says that there can be no greater pain or experience than that. Even after the experience of Kundalini awakening, a man says that there can be no greater experience than this. In fact, Kundalini Jagran is the greatest realization in the world. If there is any, it is enlightenment or God. In it there is full feeling of advaita and bliss. Advaita and joy are felt even after the tooth is uprooted, but not in full. It also shows that the place of cognition is Sahasrara itself. Many yogis have talked about the similarity between the feeling of awakening and the pain of tooth extraction. I too once felt the highest level of pain to remove such a tooth. The numbing medicine did not show its effect. It made me feel like my brain was bursting, because the whole prana of my body had entered Sahasrara in pursuit of pain. After that I remembered the enlightenment that had happened 3 years ago, because that stage was as spiritual as that. That stage seemed to be a state of Prana rising. In this, the whole prana is centered in Sahasrara. I have described this in an old post. Probably the destruction of sin through sorrow or pain is caused by this yoga feeling. This also confirms that yoga reduces the burden of sins. Now the experience of Kundalini cannot be produced like the experience of pain. If this were the case, the man would have felt the Kundalini carefully by guided hitting of his external organs. Although Kundalini also accompanies prana in brain but most of prana is consumed by pain as described below. Kundalini can only be meditated in the brain. It is difficult for the common man to do so. Therefore Prana is used as the handle of Kundalini. Prana is offered up to Sahasrara by Tantric Hatha Yoga. From there, Kundalini herself appears and keeps on strengthening. This shows that Hatha Yoga is more scientific, practical and easier than Raja Yoga. By the way, mixed use of both of them I found more effective. According to the above, when Prana reaches Sahasrara with pain, Kundalini also starts to be experienced with it. But much Kundalini benefit is not obtained, because most of the prana is eaten by the feeling of pain. However, in many places the sensation of touch is used for Kundalini. For

example, the experience of mutual touch of the tongue and palate causes the Kundalini and Prana to descend from the brain, and move down the front channel. According to the above, just as the pictures made in Sahasrara seem to be made on the chakras, in the same way pictures of the sun, river, mountains etc. made in the outer world are also being made in Sahasrara, but their feeling is far outside. This trick is learned by the brain during gradual development. If everything felt inside, organism would not have run out, and would not have developed. The faster the feeling, the more it clings to the soul. It is also called samadhi. Such a sharp feeling occurs only in Sahasrara. That is why man never forgets sexual lover. In fact, the feeling along with prana rising from the Muladhar Chakra is directly seated in Sahasrara and strengthens the feeling and accompanied image of the lover there. This is why many people becomes mad in love and renunciate like a sage. Due to this universality of Sahasrar Chakra, it has been given a form with thousand petals. This means that it is linked to every point of the body. Other chakras have two, three or four petals, meaning that they are connected to only a few chakras around. I have described this in an old post. According to Shiva Purana, Kundalini is Shiva, and Shiva is Kundalini. This is because it has been asked there to meditate on Shiva. Accordingly, Shiva resides in Sahasrar. Shakti keeps climbing above the Muladhar Chakra to meet him. When Shakti's impulse rises above a certain threshold, her orgasmic union with Shiva reaches the peak level. This completes the union of Shiva and Shakti, which manifests as Kundalini awakening.

Mixed Yoga is the most effective, to confirm this statement I give an example of what happened to me. I was in a state of prana rising at that time. Was doing yoga practice every day. One day, because of my suddenly meeting old friend, I remembered Kundalini fastly. I got lost in it. Suddenly my prana also got up from the base and climbed through back to the brain to support that Kundalini. This awakened her. Its detailed description is on the homepage of this website. Prana was able to climb up because I was practicing tantric hatha yoga every day, and I had a habit of making climbing up of prana. If it was not a habit, Kundalini would have been

remembered in the mind fast but she would not have awakened, because she would not have the prana energy of muladhar chakra. The real life force that cause awakening resides in the Muladhar Chakra. This also confirms the aforementioned statement that Prana pursues Kundalini, and where Kundalini goes, Prana goes there too. You can call the remembrance of Kundalini as Raja Yoga, and to uplift the prana from the base chakra is called Hatha Yoga. This proves that all types of yoga work together, and all are different parts of the single Mahayoga.

# Kundalini Yogi may be disturbed by Devraj Indra

Friends, I told in last week's post that yoga is successful only by adopting all types of yoga together. Today we will have some detailed experiential discussion of this fact.

## Karmayoga as the initial ladder of all yogas

This is because Karmayoga is the easiest. Due to this, the man who remains in the world remains calm and away from the world, just as the lotus leaf remains submerged in water, but it remains away from the reach of water, and remains dry. Karmayog should always remain in life. But it is of special importance for teenagers and young people, because at this age, deeds are done fast. The higher the amount of karma, the more effective the karma yoga is. Karmayoga is also called Advaita Bhava or Anasakti Bhava. My home inherited the rites of Karmayoga because of the dominance of yoga from the very beginning. My Karma Yoga in my life reached its peak only when Tantra was joined by some unknown divine inspiration. This gave me the privilege of experiencing self-awareness twice. In fact Tantra increases the power to do karma, which also increases karma yoga. Then with some divine inspiration, I created a philosophy of physiology or shareervigyan darshan in Hindi. It is a practical philosophy, and a panacea for a person trapped in the world. This philosophy gave me a lot of strength. This gave me all-round material advancement as well as spiritual progress. I had got a glimpse of enlightenment about 4-5 years before making it. I was made special by that. I was completely immersed in the Advaita Sagar. People of the over attached world started to look me like a man from Mars, due to which they started to think of me as inferior and kept me isolated. They were also right in their place. **They did not want to allow me to enter the transcendental dimension.** Although that dimension is the best, living in that dimension cannot allow the work of worldliness. The gods prevent man from going into that dimension, because if

all people went into that dimension, how would their created world be able to run. That is why in ancient times the king of the gods Indra used to come to disturb the austerities of the yogis. Indra feared that if a man would attract the people of the world towards him with the power of yoga, no one would ask him. Indra was constantly afraid of losing the throne of his dominion. It is only in view of this danger that I do my yogasadhana carefully. As soon as I begin to enter into the parlokik dimension, and I feel the danger from the gods, **I immediately come out of that dimension by adopting some tantric tactic.** According to the sources, Yogi Sri Sadhguru also says the same, and probably does. **In fact, man can rise above their created world only by having a good relationship with the gods.**

Due to the above spiritual isolation, it was difficult for me to be openly involved among the world. This made me tortured by boredom and paranoia. This is called Kundalini climbing in the opposite channel. **There is an Ida channel, and a Pingala.** One is emotional, and one is karmic. I was too emotional. Used to be immersed in pictures of bizarre experiences and old memories. Due to this, the power to do karma was diminished. This is why I felt a great need for a sexual partner at that time. From the sexual force, Kundalini climbs into the Sushumna channel in the middle and reaches Sahasrara. This makes a man's life balanced. Not with the sexual partner, but I definitely got support with the physiology philosophy. Advaita generated from this put a check on my useless thoughts. Due to the power saved by this, my Kundalini entered Sahasrara through Sushumna channel. Then, seeing my Kundalini bouncing without sexual power, potential sexual partners also started turning their eyes towards me. At the time when I was in need of sexual strength, there was no one in the sight at that time, but when I made my sexual strength myself, then they also started getting excited about it. Whatever actually was correct to happen, that happened. If I had got sexual strength prematurely, I would not have learned to cultivate my own philosophical sexual force, nor would I have had a second glimpse of self-awareness.

## **After growing old, I became more inclined towards knowledge and hatha yoga**

However, Karma Yoga was also going on. Once, immediately after enlightenment, my bhakti yoga was also greatly increased. In fact, when I was completely discouraged by being deceived by the physical companions, then I had a glimpse of self-knowledge, i.e. God visualization. It gave me a lot of support to be satisfied and happy. I started thinking of myself as a special favorite to God. I was grateful to him again and again, and thanked him with various eulogies or praising verses. This is godliness. This shows that all types of yoga should go on simultaneously. Their mutual proportions should be changed according to the time. By doing this, no one can stop the attainment of self-awakening.

## **Kundalini meditation round the clock in three ways**

Friends, I had told in previous posts that by touching the palate with the tongue, it brings down the Kundalini through the front channel. I had also said that the only place of experience of any sensation is Sahasrara, not any other chakra. The Kundalini picture is always being made in Sahasrara itself. In other chakras, it appears only when its energy level falls below a minimum threshold. The lower the energy level, the more it goes into the lower chakra. I recently gained a new experience related to this, which I will use to confirm the following principles.

### **There are two main yoga methods to achieve spiritual dimension**

The first method is philosophical, and the second method is experimental or tantric. In the first method, a favorite Advaita philosophy is overlaid over one's present position. In the second method, the tongue is touched by the palate.

### **First method of philosophy or Raj yoga to achieve spiritual dimension**

I was busy with many complicated tasks one day. Duality was constantly being created by those actions. There was a mental problem with the duality. It was natural that physical problems were also occurring. I began to use the philosophical method to convert that duality into advaita. I began to overlay my self-made book called "Physiology Philosophy/sharirvigyan darshan" on my present mood filled state at that time. I was not changing my state at all. Meaning that as the condition was forming, I was allowing it to remain the same. Gods are offended by changing the state, and they interfere with the proper functioning in day-to-day life. They want man to experience all kinds of conditions. It is a different matter that the real yogi

experiences all those stages with detachment. The gods become more happy with this, because they themselves remain detached. They face every stage with detachment, not running away from them. It is considered an insult to them by migrating from state to state haphazardly and an insult to their created world, because all the states are in favor of this diversity filled creation. That is why I was believing through the subconscious mind that my nondual philosophy is connecting with all my states and making them nondual too. I was not directly contemplating it, because it could have affected my conditions. With this what used to happen to me was that the Kundalini would appear in my contemplation in my unknown place of thinking, and would be settled then on one of my chakras. The lower the mental energy level of my state, the more my Kundalini would go on to the lower chakra. When the mind was energetic, she used to come on the heart chakra. When the energy level dropped too much, she used to come to the navel chakra. Having less energy than that, she was also situated on the Swadhisthanchakra.

## **Tantric method for creating self-awareness**

I again touched my inverted tongue with the soft palate when my brain was tired. I tasted salty there and felt intense sensation. With this, the energy of the brain descended through the central line on the back of my tongue by penetrating all the chakras and became situated on the navel chakra. Kundalini was also with that. There was only a confusing bundle of thoughts in the brain. That came down and became a Kundalini. This reduced brain fatigue completely. Peace emerged with advaita and joy. Thoughts and deeds started happening with detachment.

## **The third compound method combining the rules of Raja Yoga and Tantra**

After some time, the pressure in my brain again started with duality. I used both of the above methods to reduce it. At first I kept the tongue constantly touched by the palate. Along



with that, I tried to create Kundalini in my mind with the help of the book “physiology Physiology/sharirvigyan darshan”. But before she could appear in the brain in a manner, she came down through the front channel. While crossing my tongue, there was a sharp sensation filled with taste in the tongue. The Kundalini loop was also completed by this. By this, she also descended more down from the navel chakra and climbed up through the back channel little helped by constriction created in muladhar chakra and then came down again through the front channel. This caused the Kundalini Chakra to rotate in the channel loop. I found this combination method to be the most powerful. However any method can be used to its advantage over time.

# **Kundalini inspires Lord Shiva to be in Kashi as travelling with goddess Parvati always after putting all worldly responsibilities on lord Vishnu**

*Wishing all very happy Shivaratri*

Friends, I had mentioned in previous posts that Lord Shiva lives like a mast-malang/free and fare tantrik. They do not have anything extra except some very important things. Mata Parvati is also one of them, with whom he wanders freely in Kashi.

## **It is necessary to stay away from the mess of worldliness for the attainment of Tantra**

According to Shivpuran, Lord Shiva originated Lord Vishnu to stay away from the mess of worldliness. He entrusted him with the responsibilities of upholding and protecting the world. He himself started to worship and travel in Kashi to do Yogasadhana happily with Parvati. It is said that they continue to roam there even today.

## **Premayogi Vajra's own personal experience of solitude**

Premayogi Vajra was also trapped in the mess of worldliness like Lord Shiva. He worked hard for nearly 20 years, and established many developmental feats. However, his tendency was also towards Tantric life. Due to this, he was able to stay in the advaita bhava. He used to feel tired from it. This was because some extra energy is also spent to maintain the advaita bhava or Kundalini. Nothing is possible without energy, not even God. That is why Shakti is considered an integral part of Shiva. However, with occasional tantric eating and living, that energy was easily

supplied. The fire also burns him, who knows about it; And burns him equally, who does not know about it. Similarly, the mess of worldliness creates a darkness of ignorance within everyone. It is a different matter that the dark is less dense in man with nondual knowledge. This is similar to the way a man who learns about fire tries to avoid it, which makes him less burnt. At the same time his love for Shiva was awakened due to some unforeseen circumstances. Then due to the similar divine circumstances, he got an opportunity to live with his close family in a place full of solitude, far away from home. He almost forgot his old life. In a way Lord Shiva freed him from the mess of worldliness like his own way. It is worth noting here that one who is entangled in the world gets the fruit of renunciation. One who is already asleep, does not get any benefit from sleeping. That is why it is written in Shivpuran that Shiva appointed Vishnu to handle the mess of worldliness and left the world on his own and went to Kashi. An officer can assign his subordinates to the same responsibilities, which he himself knows well and which he has long experience in carrying out. If Lord Shiva had not run the world for a long time, how could he have deputed Vishnu in his place. Those who do not accept the world strongly, they do not get the fruits of the renunciation of the world. So as long as you live in the world, be completely immersed, but keep your senses. Today, science also accepts that when the conscious functioning of the mind drops by more than 50 percent, then the possibility of self-awareness increases significantly. That is why in the old times, the kings used to abandon the kingdom completely and go to exile for austerity. The four ashrams were also built for this reason. The men used to visit the Vanaprastha Ashram located in seclusion, where they used to get a lot of peace after taken care of the mess of the Grihastha Ashram for long. In that seclusion, the Premayogi Vajra, like Shiva, spent a full Tantramayi life and began to visit his tantric companions in picturesque and religious places. This made his Kundalini operational, and within two years she woke up.

## **Consumption of cannabis by Shiva**

The qualities of Lord Shiva's stresslessness, masti/frankness, joyfulness, advaita and naivete, etc. have been shown as his intoxication of cannabis. People only get intoxicated for the attainment of these qualities. But most people are not able to succeed, because these qualities are dependent on the soul and not on the drug. If mild intoxication is done by tantric method and under the supervision of the Guru, then it can inspire them for permanent attainment of these by showing a glimpse of these qualities. Real and permanent attainment of these qualities is possible only through self-power.

## **Spiritual      psychological      secret      hidden behind offering milk and cannabis mixed water to Lord Shiva**

This morning I walked around with the family to visit a Shiv Mandir. Traveled 4 km on foot. The weather was very pleasant. Nature's shadow was scattered all around. The honeybees were buzzing on yellow floral bunches of mango trees. People were coming to the temple. On the way, some puppies started walking with us, then sniffed something, stopped and looked around. On some old and big trees the vines were wrapped in such a dense manner, as if a sweetie was showing her attachment to her lover or mother to her baby. A dry tree was half bent down, and looked like an old man bent over tired up in his life. In fact, most of the time, we do not see anything. I have gone through that route many times, but I saw these things for the first time. Therefore, brain and mind should also be kept open with eyes. While coming from the temple, I broke some cannabis leaves along the way and brought them along. Grind them finely in the house with chanting of Shiva's mantra for about 20 minutes. Then mixed it with some water, as much milk and some honey. I kept whipping that solution with chanting of Shiva mantra for about 25 minutes. Then filtered the solution to clean it. Taking a little solution from it, I went to another temple nearby with my wife. There I mixed it in the water of worship bowl and began to anoint the Shivlinga with it. For about 15 minutes I kept pouring that water on the Shivlingam little by little. The color of that water was somewhat milky

and green. Another couple were also sitting close by, and were singing Shiva's aarti along with the worship of Shiva. As soon as my water used to fall on the Shivlingam, my Kundalini got energy and started shining there. The mind was also in some romantic mood. In fact, that water had become the sexual substance of Lord Shiva. Color of that had turned white with milk, and cannabis had intoxicated that with sexuality. Once, I had the same feeling at the time of Darshan or seeing of Parad or mercury Shivlingam. When I searched on Google, it turned out that liquid mercury is solidified by a special ancient herbal technique. In a way, it has become a solid semen of Lord Shiva. This also sends a message to the subconscious that the wandering liquid mind should be pacified by solidifying it with meditation. I came back home and drank half a glass of that liquid in the name of Lord Shiva.

## **Kundalini requires various gods that are in the form of molds of different personalities**

Friends, I sometimes like a particular deity more, sometimes someone else. Long ago, I loved Goddess mother the most. Now I like Lord Shiva the most. Once when I went to visit Mumbai, I liked Lord Ganesha best. In Maharashtra, Ganesha is quite famous. It is clear that the God who exposes the Kundalini the most, that is the best as a deity. This means that the real joy lies in the Kundalini itself. The gods are helpful in exposing the Kundalini.

### **The form of a particular deity is a mold of the form of a particular personality**

In fact, various deities exist as signs of different personalities. Lord Shiva is a tantric, cool, nondual, naive, self-possessed, nature-lover, quick-tempered and quickly happy, detached and high-spirited self-proudful personality. If anyone likes such a personality and a man with such personality, then he can get benefit from Shiva worship. By meditating on Shiva, the image of a person with such personality appears in his mind temple, and then gradually takes the form of Kundalini. In life, no one can be physically consistent with anyone. But one can always remain mentally consistent. To maintain the mental picture of a lover, a god like him is chosen. The deity is worshiped in the form of an idol, picture, statue, etc. This keeps the mental picture of the lover strong. Many times the reverse also happens. The person by whom a deity is worshiped begins to fall in love with the man with that personality of deity. This then leads to the development of Kundalini. In the old age, Yogis also used to make the idol of the empty deity as Kundalini without any loving person. But nowadays it seems impossible. Because the present-day society is individual oriented rather than Devata or idol oriented. Similarly, one may find the personality of Lord Ganesha interesting, while one that of mother Kali. Gods

exist according to everyone's interest. As far as my own experience is concerned, I had a personality like Shiva as my Kundalini. Once upon a time due to some divine event, my inclination towards Lord Shiva became apparent. I felt completely devoted to him, losing myself from all other sides. This inspired me to unknowingly have Tantra Yoga with various favorable circumstances, which quickly awakened my Kundalini.

## **Gods always exist as a feeling or sentiment**

For example, if a particular tantric born in some country or era or say Bhairavnath was considered the god of the tantra, then most people today would not have reverence for him. This would have been because Bhairavnath was a real man, who was born in very old times, and is not today. The life-circumstances of his time were completely different from those of today's life. In this way, the tantric sentiment that was popping up in the minds of people would have perished by worshipping Baba Bhairav. But in contrast, Lord Shiva is eternal. He is the same today, as he was thousands of years ago. He will always remain the same. In fact, he is not a mortal person, but as a personality or sentiment. There have been countless people who cover his personality. Therefore, trust and interest always prevail over him. It keeps trust on Tantra and interest in it.

## **Gods always give strength to Kundalini**

If a deity is interesting or not, he always gives Kundalini benefits. The deity is really like a mixture of living (Yang) and non-living (Yin). He has the quality of a living as doing all the activities like a human being. The qualities of the inanimate are in them in the form of inanimate objects such as air, water, fire, sun etc. A mixture of living and non-living in a deity is possible only if the deity is living and unattached. All the activities of the deity calm down in his mind through Advaita or non duality and Anasakti or detachment. However they are carried out from outside by the deity. If the deity were fully alive, he would be visible like a living human, and

would be immersed in the bondage of the world. If the deity had been completely lifeless, it would have been dead, which could never run the world at all. Moreover, his worship would have been a loss rather than a gain. It is because of this Advaita form of the deity that Advaita prevails in the mind of man, due to which the Kundalini is exposed. That is why it has been written in the Vedas and scriptures that worshipping the deity brings salvation along with the comforts of the world.



# Kundalini is the main motive of biological evolution

Friends, I said in a previous post that I experienced Kundalini on different chakras according to level of consciousness of my mind. When there was more consciousness, the Kundalini came on the upper chakras, and when there was less consciousness, it came on the lower chakras. In fact the level of consciousness is measured by a pure mind, not by a combined mind with external senses. With the help of external senses, all people and many other creatures are full of consciousness. External senses do not remain after death. At that time only the subtle consciousness of pure mind comes into use. When looking at something with eyes, there is a flood of consciousness in the mind. That consciousness is born by the strength of the eyes, not by the strength of the mind. Similarly, in the case of other external senses, one should also understand. As the capacity of the mind increases from within to reveal consciousness in subtlety, it becomes more worthy of liberation. Kundalini enhances this same ability. With the eyes closed at the time of Kundalini meditation, the doors of almost all external senses are closed. Still, with the power of yoga meditation, there is so much consciousness in the Kundalini being ignited in the mind, that is not even with the help of external senses. Such continuous practice of years brings the same consciousness in a calm, thoughtless mind without Kundalini. This is called enlightenment. Actually, mind is also a subtle form of external senses. A thoughtless mind is often called a soul.

## Organism development as Kundalini development

In fact, Kundalini (neuronal energy) is evolving or rising up in the form of evolving organisms. Actually, Kundalini represents the mind itself. Kundalini is the highest level of mental thought. Therefore, we can measure the level of consciousness of the mind through the level of consciousness of Kundalini. Reverse is also true that's the consciousness of

Kundalini can be measured through the consciousness of mind.

**Kundalini working requires the same neuronal energy that is required for brain or mind working. That neuronal energy is stimulated by prana energy or prana shakti that is generalized energy of whole body. So both are propelled by same fuel that's why both are interconnected. But the main objective of creation is providing ultimate status to the organism. This is done by kundalini. It means that kundalini development is the primary goal of creation, not the brain development. Brain development is there itself unwillingly. It's a after effect and even becomes a side effect if utilized in a negative way. Many old civilizations understood this fact very well and kept main focus on Kundalini in the form of various spiritual practices. Today, Kundalini happenings are increasing day by day because brain development of today's era is also causing Kundalini development indirectly. Therefore, it's best way to undertake Kundalini development and brain or world development together so as to get kundalini awakening in a shortest time possible. Karma yoga is also a good method for this.**

Kundalini is the measure of the development of consciousness. Kundalini is in sleep in least conscious subject. Kundalini's sleep means that the mind is asleep. It's not called mindlessness because the consciousness of the mind never ends, it only becomes incoherent, that is, it falls asleep. At that time, there is darkness in the place of conscious mind. It is just like when a man is asleep, then his consciousness disappears, but it is still doing all the work that keeps the body alive. After enlightenment, Kundalini with higher consciousness is constantly dominating in the mind, which we call samadhi. It can be called the closest stage of complete awakening of Kundalini. Between these two opposite ends most of the organisms are there. The bulb of his Kundalini consciousness sometimes burns, sometimes slows down, sometimes extinguishes.

The one who comes to hear about yoga, he hears that only Kundalini keeps on climbing in the form of different creatures. Among the lowest living organisms and plants, it remains dormant at the base. It's also called Kundalini shakti or prana shakti. Actually, there too it's always working in background without being experienced by organism to maintain body. It is distributed in whole body but it's called residing in muladhar chakra because that's the main place of it's growth and nourishment. It's like as if a man can wander everywhere in the world but he achieves his growth, nourishment and rest (sleep) mainly at it's home. Uncouncious mind and muladhar chakra, both are said to be as similar and both being connected with the worst sentiments. Further added, kundalini starts it's long journey from Muladhar Chakra only. Journey towards the light starts from the darkness only. In some of the less evolved organisms, it comes into a mildly awake state in the base chakra. These may be called bisexual or hermaphroditic. **Probably at this stage, the soul fell from Sahasrara and fell asleep in the pit of Muladhara. That is why that organism was divided into yin or female and yang or male form, so that by attraction towards each other, the soul could ascend from muladhara to re-enter Sahasrara.** Muladhar dominated lowest organisms have nothing to do outer energetic functions other than the elimination of waste body products. This is the work of muladhar chakra situated near anal opening. So their Kundalini energy is said to be concentrated in muladhar chakra. In the organisms that develop from it, it rises up to the Swadhisthana chakra. Here, sexual differentiation of organism occurs and it start feeling sexual desire with sexual attraction. It's often seen that lower organisms reproduce at much higher rate and major part of their energy is consumed by this process. It provides wonderful force for kundalini or organism development. This force is still working continuously in today's well developed human being too. In moderately developed organisms, kundalini enters the navel chakra. That's why lower organisms keep on eating throughout day and night continuously. It comes into the heart chakra in a higher quality animal, probably in the cow and in a loving person.

Possibly that's why the cow appears as full of affection. Majority of digestive processes are carried out by microorganisms in cow, so it saves lot of energy. It brings down one's negative energies existing in the form of high blood pressure, stress etc. down. That's why people are spending thousands of dollars today to develop cownunication (communication with cow). In primates like baboon, gorilla etc. the Kundalini energy further travels ahead to their arms or forelimbs, that's why they maximally utilize their forelimb function. Likewise, in beautifully singing bird like cuckoo, Kundalini energy can be said to be concentrated in throat chakra. In intelligent animals with analytical skills like dolphins, it can be said to be coming up to agya chakra. It can come to Sahasrara chakra in human only that too with proper brain practice, because only he can awaken it and the place of awakening is sahasrar only. In the highest order human, it is fully awake in Sahasrara.

## **The seven chakras of Kundalini are in the form of seven worlds**

The scriptures describe the seven worlds above earth. These seven lokas or abodes are in the form of seven chakras. The lowest abode is the Mooladhara Chakra, because the organisms at that level have the lowest consciousness. The level of consciousness increases by going into the realms or chakras above it. This level is highest in Sahasrara. Kundalini awakening means that the level of consciousness is reached at the of union of Shiva and Shakti, making it known as Shivaloka or Brahmaloaka. By the way, seven dark abodes have been told even below the earth. In them also, the consciousness keeps falling downwards respectively. In these worlds, most of the demons are said to be living. This is because their level of consciousness has fallen so much that they continue to malign the gods, sages and other beings with higher consciousness. Earth has been considered equivalent to Muladhara Chakra. The abodes in the sky above are the high abodes or heaven, while below the earth are as the hell.

## **The upright standing of the man and the pit in the back is also an important link in the bio-development chain**

I told in an old post how I had to keep my back straight and in a natural posture while sitting in my new car, because its legspace seemed a little low. This helped my muladhar energy to awaken my Kundalini through efficiently climbing up in the back. People can say that the man stood up straight to use the next two legs as a hand. But even primates like gorillas do so. Even the early humans used to do this. Their back is not straight, nor does it seem necessary to use hands. Then why the developed man's back was straightened. This happened in order to make Kundalini easily and efficiently offered from the base to the brain. Kundalini is as subtle as the sky. Its nature is to rise upwards. That's why at the time of awakening of the Kundalini, it seems that the Kundalini is flying upwards with speed and power. Then you can say why then a pit formed in the back in the direction of the navel. In fact, it acts like a pit of a roller coaster. It keeps sucking Kundalini energy from the base with the power of yogic inbreathing and depositing it inside as voluminous storage. Then, while working or doing yoga, when a man bends forward, this stored lot of energy quickly runs upwards towards the brain after catching the velocity. A small pit is formed at the center of the neck, which is the vishuddhi chakra. It likewise pushes the energy upwards to brain by providing a Momentum to this Kundalini energy gathered on the Anahata Chakra with the power of yogic outbreathing. Likewise, swadhishtan chakra and muladhar chakra keeps sexual energy stored to help push it up through back during yoga.

## **The sexual drive is the biggest contributor to the development of life**

In a bisexual organism, yin and yang were together in the same body. This means that it was a complete soul. Because they did not have their own separate desire for development, they were developed like other natural and lifeless objects

like mountains, soil, celestial bodies. The pace of that development was natural and slow. Then along with the division of gender, yin-yang was also divided. There was majority of yang in the male category and yin in the female category. This division made the organism feel imperfect within itself. Probably at this stage, the incomplete soul was born. He started trying to gather Yin or Yang to be complete again as earlier. This led to the creation of Kama Bhava or sexual feeling. This created an intense attraction between the male category and the female category of organisms. This sexual sentiment is the biggest contributor to the development of life. Because it produces the most powerful non duality, with which Kundalini develops most strongly and rapidly. We have experientially proved in many posts that non duality, Kundalini and bliss tend to live together. This gave artificiality and fast pace to biological development. Even today, in the form of Tantric Kundalini yoga, it is helping man to make the final jump of the development chain to achieve the perfection or liberation. It combines Yin (shakti) residing at Mooladhara chakra with Yang (Shiva) residing at Sahasrar chakra. **Yin is called Prakriti and Yang is called Purusha in Indian philosophy. Advaita bhava is produced by the union of yin-yang, which indirectly develops the kundalini. It is not that the attraction of yin-yang is only the attraction of men and women. It can be between any of the opposite expressions. Muladhara is a symbol of darkness, inferiority, ignorance, hatred, etc. all low emotions. In contrast, Sahasrara is a symbol of light, highness, knowledge, love, etc. all high emotions. That is why the simultaneous Kundalini meditation on these two chakras creates intense nonduality, due to which the Kundalini starts to shine in Sahasrara. The main function of sexual attraction is that by it the muladhara and the Sahasrara Chakra are refreshed and strengthened together.**

# **Kundalini is Goddess Parvati, the soul is God Shiva, and Kundalini awakening is the Shiva marriage**

Friends, this well-known theory was confirmed in the previous post that actually Kundalini evolution has been termed as biological evolution. Kundalini takes birth in Muladhara, grows in various places, and finally awakens in Sahasrara. This is called Shiv Vivah. Just as a married couple travels to different places after marriage organized in a high-quality home, similarly the soul-kundalini couple gets married in Sahasrara and travels on different chakras. It is mentioned in the scriptures that the sages travel in different worlds or abodes. Actually those worlds are in the form of different chakras. Today we will discuss it.

## **Kundalini is Parvati**

The ego is the king. His daughter Sati is the Kundalini. Man is successful in worldliness only through ego. A static image is produced with it, which is Kundalini. King Daksha as an ego does not want his daughter Kundalini to run after the ghostly Shiva and harm her worldliness. In the end he loses and Sati meditates in the form of Kundalini yoga to get Shiva. She goes against her father's will and marries Shiva, meaning Kundalini wakes up. The ego decreases significantly but does not die. He takes Kundalini away from Shiva and she gets caught in his mess. By the time Kundalini realizes this, her age is complete. Angry Shiva cut the head of Daksha and put the head of the goat there means that the ego does not die even with the body, but it becomes weak. In the next life, Sati or kundalini in the form of Parvati is born to the house of the mountain king. She then meditates to attain Shiva. Kundalini resumes her campaign in the next life. In the metaphoric tale it means that the yogi holding that Kundalini goes to Yogasadhana in the Himalayas to fulfill her ultimate goal in her next birth. There, Indra sends Kamdev to break the penance of Shiva for fear of losing his throne. Shiva burns him with his sight. Here Shiva is the sleeping soul of Yogi.

Kamadeva is the metaphor of the world's colors. If the Yogi's Kundalini is eager to meet his soul, the world's colors cannot harm the soul, but are itself eroded. Parvati's parents initially prevent Parvati from marrying Shiva. Actually, mind and intellect are the symbols of Parvati's parents. Kundalini originates from them only. They expect only the achievements of worldliness from Kundalini, they do not want to allow them to do asceticism etc. for the attainment of God. In order to discourage Parvati, Shiva also meets her in vile disguise and tells the evils of Shiva. In fact, it is the soul of the initial yogi covered with ignorance who continues to create illusions about God. But Parvati continues to meditate. In the end, Shiva is pleased and marries her, meaning Kundalini is awakened. Then Parvati moves to Kailash, meaning Kundalini settles in Sahasrara. His son Karthikeya is born. He is the ruler of the divine army. His son Ganesha is also born, who avoids problems, and defeats obstacles. In fact, all these works belong to the awakened Kundalini. The divine army is the symbol of the senses of the body here. In the mythological story of Shivpuran, Shiva is depicted as a ghost, to whom Parvati is attracted. Her parents stop her. Actually, the soul covered with ignorance is Shiva, who looks like a dark ghost from outside. But in reality, it is a form of light. Ego and intelligence are the parents of Parvati Kundalini. These prevent her from going towards Shiva.

According to Kalidasa's Kumarasambhava, Parvati wants to bring Shiva from the desolation of the cave into the mainstream of household life. Kundalini also wishes to awaken the soul or shiva steeped in ignorance. It is simultaneously written that the worldly system had come to a standstill due to the consumption of Kamdev. Then Parvati married Shiva and got him to revive Kamadeva. Then the process of creation started again. As long as the intense Kundalini Yogasadhana is running, the yogi keeps a distance from worldliness. After awakening, Kundalini makes his mind go to run again in the world, albeit with knowledge. This has been called the rebirth of kamadeva. According to the Devi Bhagwat Purana, the mountain king Himalaya and his wife Maina delight Bhagwati Adi Parashakti or supreme goddess mother. She becomes her daughter in the form of Parvati. In



fact, the soul covered with ignorance or ego is the mountain king Himalaya here, and the intellect is Maina. When the mother nature is pleased with their good worldly deeds and humanity, she settles in their body permanently in the form of Kundalini.

Parvati pacifies Shiva with her romantic dance, when he performs the devastating Tandava dance. Actually, a person filled with ignorance is disturbed and wandered. He does a lot of wrongdoing. It is Kundalini who shows him sunlight and inspires for good works.

According to Shakta tradition, Shiva resides at Parvati's house. Here Parvati is considered as the main and Shiva as the secondary. Shiva is angry with their some mutual dispute and he starts leaving the house. Then Parvati creates the dashmahavidyas and closes every door to avoid Shiva's escape, and thus prevents Shiva from leaving. Actually, apart from Sahasrara, there are various chakras, especially Muladhara as Kundalini's home. She dominates there. The soul is not very comfortable there. For some reason, Kundalini starts to run away or fade away due to some body's weakness. Then Kundalini takes shelter of the Panchamakaras and the five gruesome expressions emanating from them. By this, she becomes very strong and prevents the soul from leaving. Because where there is Kundalini, there is the soul. The various doors depicted for his escape are the Kundalini Chakras. The number of Kundalini Chakras has also been reported to be ten in many places. According to a myth, Parvati is taking a bath. She keeps his son Ganesha as the watchman at the door. Ganesha does not even allow Shiva to enter. Shiva gets angry and removes his head from the torso. This makes Parvati very angry with Shiva. Then to appease her, Shiva attaches an elephant's head to Ganesha. Actually, Kundalini wants that she gets the too dominance in the body. Ganesha is the leader of the senses. Actually, it's intelligence. He prevents the entry of the dual worldliness that can challenge the dominance of Kundalini. He even prevents the Gods from outside to do so. Due to this, outside religious organizations

get angry and punish him. But they have to bow down to the power of Kundalini and resurrect him. Although he is greatly attenuated by those organizations. Shakta cult also states that Shiva without Shakti is a corpse. This is true because without the company of Kundalini, the soul is unconscious and full of darkness. It becomes Shiva only when it is married to Kundalini in Sahasrara. It is evident from all the above facts that Kundalini Yoga is at the root of every mythology related to Shiva and Parvati.

# **Kundalini awakening is the sole purpose of creation; foetus development depicted as the universe development in Hindu mythological Puranas**

Friends, the creation has been specifically described in the Puranas. Somewhere the egg explodes in the sky, somewhere the lotus appears in the baseless water body and the sudden appearance of a deity on it, etc. Somewhere it comes that the direct appearance of intellect from nature, ego from intellect, the subtle experience of natural elements from ego, the senses from it and all the gross creation was born from senses afterwards. When I was younger, I used to ask my grandfather (who was a famous Hindu priest and a household Purana reader) how all of these things suddenly appeared in the open sky without any basic infrastructure. He used to say in the manner of a traditionalist and mystic philosopher, "This is how it is done. It is done." They did not go too deeply. But now with the help of Kundalini Yoga, I understand this classical dictum as the root of all mysteries, "Yatpinde Tatbramhande". This philosophical saying has been scientifically proven in the book "Shareervigyan darshan" in Hindi. This means that whatever is there in this body, that everything is also in the universe, nothing else. Actually, a man can never know anything other than his mind or brain, because whatever he describes that's there inside his brain, not outside. That is why the ancient sages have explained the universe by describing the body. They were amazing body scientists and psychologists.

## **The creation of universe is explained in the Puranas with help of human body creation**

At many places, a lotus was born from the navel of Vishnu that was lying on a great serpent swimming in the endless ocean, on which Brahma originated. His mind created the

world. You can consider mother as Vishnu. His body is like a Sheshnag or mythical serpent as the central nervous system, which is located in the spinal cord-brain axis. The serpent is always immersed in the cerebrospinal fluid that's metaphorically related to the ocean water. The sensations of the Kundalini or mother's mind in that serpent are the form of Lord Vishnu that are dispersed throughout the body of serpent, because there is essentially no difference between Shakti and the powerful God. During pregnancy, the belly of the mother emerges outside in the navel area, the same is the appearance of the lotus from the navel of Lord Vishnu. The gravid uterus is also connected with the mother's body through blood vessels and nerves arising nearby the mother's navel area. These are as stem of lotus. Like the lotus petals blooming, in the womb, the placentomes and cotyledons of placenta are formed on the uterus. These button like structures are then again attached to the navel of the infant with a chord called umbilical chord that's again like stem of the lotus flower. These structures provide nutrition to the infant. This infant is Brahma, who develops on that blooming lotus. The pure and unblemished form of the infant is the basic nature, in which there is no waves in gunas (3 basic constituents of nature). In a way, it has all the three basic gunas in equilibrium or equal quantity. Earlier I used to think that samyastastha or equilibrium means that all gunas are equal to each other. Even today many people think so. But it is not so. If this happens, then basically all living beings would be the same, but they maintain their separate identity even after the Holocaust or death. This happens because the amount of tamoguna that covers the soul's light is different. Due to it, the quantity of other gunas also differs by itself. If Tamoguna is more then Satoguna is reduced in the same proportion and vice versa, because they are opposed to each other. In fact, all the gunas are in the unchanging state in samyavastha. All gunas in equilibrium with no waves means that satoguna (showing light and knowledge) remains same without rise or fall, rajoguna (showing motion, energy and change) also remains same, and the tamoguna (showing darkness and ignorance) too. With this, the baby does not crave for any particular guna, as he has no habit of fluctuating gunas. That is why the child remains a bit

indifferent even after experiencing everything. Actually, it can't be said as absence of gunas but it's gunas in equilibrium. Waves in gunas can only be produced if these gunas are already there, not in zero. Only God is nirguna or without guna. That's why God never experiences waves in gunas as observed by all the creatures that bind the soul. This makes God perfectly changeless. God has zero gunas because God has not dark envelope of ignorance on it's soul that makes tamoguna. Tamoguna is the base source of all gunas. That's why panchmakarik leftist tantric appears well developed both in worldly as well as spiritual matters. Then when the baby is a little older, there is an increase in the sensations of the mind or brain. He is attracted towards light. With this, wave is produced in gunas mainly satoguna, and as a result the sattoguna form mahattatva is formed, that is, intelligence. He begins to realize how important it is for his existence to cry and drink milk. This makes the baby feel special and different, which is called ego. Tanmatras originate from it. Tanmatra is the subtle form of the Panchamahabhootas or 5 basic natural elements, which we experience in the brain. It's the smell of the earth, the juiciness of water, the touch feel of air, the form feel of fire and the sound feel of the sky. He recognizes the taste of milk juice, recognizes the smell of toys, touches the warmth of his urine, begins to understand the difference between beautiful and ugly through form, is attracted to the sound of ghungroo or bell or toys. Then the infant looks outside to see where these sensations came from. The senses originate from it, because all of it feels outside with the help of senses such as eye, ear, skin, tongue, nose etc. Along with this, the internal sense of mind also develops, because that is what he thinks of all this. The above five elements originate from the senses, because he seeks or knows them only with help of his senses. He learns that physical substances like milk, toys, ghungroos or bells etc. are also there in the world, which he feels through his senses. Then as the child continues to learn, the origin of such creation continues to move forward. In this way, the entire creation is expanded inside a man.

## **Kundalini awakening is the limit of the development of creation**

Man extends the creation of the universe only for Kundalini awakening. This fact is proved by the observation that after awakening of the Kundalini, man becomes a bit like a detached from the universe. His inclination starts to move away from the worldly trend but towards retirement. His tendency also becomes like a retirement, because then there is no craving arising out of attachment. It's to be kept in mind that it's only mental tendency as physically he may remain fully indulged and growing in the world. After awakening of the Kundalini, the man feels that he has attained everything worth attaining, and has done everything worth doing.

## **According to Shiva Purana, the creation was made from Shiva's semen**

In Shivpurana, it comes that an egg originated from Shiva's semen deposited in the vagina of nature. The egg lay in water for 1000 years. Then it broke through the middle. Its upper part became the scalp of the universe. From that originated the upper heavenly abodes. From the lower part, the lower abodes were formed.

Actually Shiva is the father here, and Prakriti or Parvati is the mother. The egg is formed in the uterus by the union of semen and ovum fluid. It remains in the nutritious water of the uterus for a long time and continues to develop. Then it explodes, that is, it begins to differentiate into shape of a human being. The top part of it was clearly visible like a head or a scalp or kapola. In it, the upper worlds originated in the form of Sahasrara Chakra, ajna Chakra and Vishuddhi Chakra. In the lower part, lower abodes developed as lower chakras.

## **Kundalini awakening as the peak point reached, then the order of the universe's development stops, and after some period of stability, the process of holocaust or Pralaya starts**

Friends, I wrote in the previous post that Srishti or creation development is only for Kundalini development, and with Kundalini awakening, Srishti development completes and thereafter stops. Today we will discuss what happens after that. Actually, the event of holocaust also happens inside our body, not outside.

### **Description of Holocaust or Pralaya in Hindu Puranas**

According to the Hindu Puranas, there are catastrophes when four eras have passed. The first era is Satyuga, the second era is Dwapara, the third is Treta, and the last age is Kali Yuga. There is a gradual decline of human beings in these ages. Satyuga has been described as the best and Kali Yuga as the worst. The order in which the creation of the world happens, in the same order, the holocaust also takes place. The five elements dissolve in the sense organs. The senses merge into the Tanmātras or subtle experiences. Panchatnamatras merge in ego. The ego merges in mahattattva or intellect. In the end, the mahattattva merges into nature. At the end of the disaster, nature also merge into God.

### **The four ages are in the form of the four stages of human life and the four ashramas**

The childhood of man can be called the Satyuga. In this man would be free from all mental and physical disorders. He is as

true as the deity. Then comes adolescence. It can be named Dwapara. In this, some disorder starts in the mind. The third stage is maturity age, in which a man becomes greatly depressed by the mess of worldliness. The last stage is that of old age. It is like Kali Yuga, in which darkness prevails due to distortion of mind and body. Similarly, the four ashrams or residencies of human life are also in the form of four yugas. Brahmacharya ashram can be called Satyuga, householder's residency is Dwaparyuga, Vanaprastha is Tretayuga and Sannyasam Ashram is Kaliyuga. In fact the states are being matched from outside by looking at the Holocaust. In any state of body, a man can be at any higher level of mind.

## **Human death is depicted as a holocaust**

As we clarified in the previous post that man can never know the world outside his mind. His world is limited to his mind. This means that then worldly creation and holocaust are also in the mind. This mental world is described in the Puranas. We fall into deception and understand it in the physical world outside. After Kundalini awakening or mental maturity, man's attachment is not in the outside world. He lives with advaita bhava or non duality and detachment. We can call this the stability of the universe after its complete development. Then in the last days of his life, the process of holocaust starts in him. Due to weakness, he leaves the work of worldliness and keeps busy with the maintenance of his body. In a way we can say that the Panchamahabhutas or five elements merge into the senses. Then over time his senses also start to diminish. Due to weakness, his focus shifts from the senses to the inner mind. He cannot drink water with his hand. Others feed him with water in his mouth. He feels the juices of waters. Nearby attendants feed him food by putting food in his mouth. He feels the taste and smell of food. Families bathe him with their hands. He feels the touch of water. Others show him various pictures etc. He realizes their beauty. Others tell him Katha Kirtan or godly stories. He rejoices to feel their sweet and knowledge-filled voice. In a way, the senses merge into the Panchathanmatras or five subtle inner experiences. Even with the growing weakness,



the man also has difficulty in experiencing the Panchatnamatras. Then his beloved brothers call him by name. This causes the flow of a little energy inside him, and he starts to enjoy himself. We can say that the Panchatnamatras merged in ego. With the further increase of weakness, the ego's sense in him also starts to wane. He does not achieve agility even when called by name. With his intellect, he starts analyzing about his condition inside, it's cause, it's remedy and future outcome. In a way, the ego merges into the mahattattva or intelligence. After that, there is no energy to think even in the intellect. Man becomes like a lifeless. In that state he either goes into a coma or dies. We shall call this as mahattattva merging into nature. As mentioned in the previous post, at that stage all the gunas fall into equilibrium. Neither do they increase, nor decrease. They remain the same. In fact, it is the thoughtful brain that provides waves to increase and decrease the gunas of nature. It is a simple matter that when the brain itself is dead, then what will give the shock of thoughts to the gunas. Ignorant people go as far as nature. These types of people keep coming back and forth as birth and death again and again. The Enlightened one may go one step further. They leave nature and merge into Purusha or God. All the gunas of nature cease there, and man becomes a form of light. There is no rebirth from there. This can be called as extreme holocaust or atyantik Pralaya.

## **Kundalini makes Lord Shiva Sattvaguni or light form in his mind, whereas he appears to be Tamoguni or dark form when viewed from outside**

Friends, Lord Shiva is heard with saying that he is Tamoguni. Tamoguna means dark qualities. Shiva wanders with the ghosts in the crematorium. On top of his body, he massages the ash of cremation ground. It is also said that Lord Shiva is the ultimate Satoguna form. Satoguna means light qualities. In this way both opposing qualities are shown inside Shiva. Then it is said to justify that Shiva is Tamoguni from outside, but Satoguni from inside. Today we will clarify this through Tantric Kundalini Yoga.

## **Kundalini is the main source of Sattva component of Shiva**

In fact, Shiva is the first Lord of Tantra. We can also call him the first Tantric of creation. If we study the conduct of the tantric yogi carefully, then the doubts arising in relation to Shiva will also disappear. Left Tantric are generally considered to be the real Tantric. They also consume five makaras or 5 Ms. Surely, Shiva is not a Panchmakarik, but Tamoguna stays with him just like with the Panchamakarik tantrik. Tamoguna arises through consumption of these panchamakaras inside the common men of the world. This is because they are unable to handle the energy generated by these and do wrong work in their charge. Those wrongdoings add more to Tamogun. The Panchamakaras themselves create a sharp movements or waves in gunas, which also naturally creates tamoguna in most of the people of the common world, under whose influence, they may take wrong step. But a Tantrayogi calms the stir of gunas with the advaita bhava or nondual sentiment achieved through his Kundalini Yoga. A yogi often seeks the help of an Advaita Shastra to do this. The Advaita scriptures contain philosophical books about the deity, such as Puranas, Stotras, etc. Physiology philosophy or sharirvigyan darshan in Hindi is also an excellent class modern Advaita literature. Yogi keeps advaita scripture overlaid on a state of his present gunas. He keeps on understanding the truth that all his conditions exist everywhere and in everything. This makes the Kundalini shine with peace and joy. This gives him a lot of Kundalini benefit, because Kundalini is living often with

Advaita. This causes the Kundalini to shine faster. When Kundalini gets the life force and neuronal power suppressed by tamoguna, she starts to come alive. This occurs just like a candle or spark shining brilliantly in the dark. That's why Kundalini yoga is quickly fruiting if practised in cremation ground as by Lord Shiva. Anyway, it is seen that in the plethora of Tamoguna conditions, the movement of thoughts is stopped in the brain. This may be due to any fear, sadness, passing near the accident, stress, depression, intoxication, tamoguni non veg food, work fatigue of mind and body etc. At such times, neuronal energy is being stored in the brain. In this, the thoughts which arise in between, they are very powerful and bright, because they are receiving condensed neuronal energy. Yogis keep converting these thoughts into single Kundalini thought. This keeps all the neuronal energy going to the Kundalini. The same principle works behind the great benefits generated by remembering God or Kundalini in bad times. After this Tamogun phase, there comes Satogun and Rajoguna phase. It is filled with the light of thoughts. Actually stored neuronal energy is exiting. It is flooded with bright ideas. The common man wastes neuronal energy in them, but the yogi converts those thoughts into Kundalini and gives all the energy to the Kundalini. She travels on all the chakras through Kundalini yoga, and makes each of these healthy and strong. The whole body and mind is filled with joy and light. In this way, the things by which the tamoguna is produced within the common man, they produce the satoguna within the tantrayogi. Due to this very reason, the people of the world see Lord Shiva as Tamoguni from outside, but basically he is Satoguni from inside. This also leads to the union of yin and yang, which leads to enlightenment. Yin is tamogun, and yang is satogun.

**Kundalini may require the Yogic Panchamakaras of leftist Tantra to balance the three gunas of nature**

Friends, last week we talked about the Panchamakaras and the tamoguna that originated from them. We have also described the Panchamakaras in old posts. It appears that it's necessary to read previous post to understand this post fully. Actually, the Panchamakars are the main weapon of the leftist tantric to hunt for Kundalini. These are the five things whose names start with the letter M. These are sex (maithun in Sanskrit or Hindi), meat (maans), alcohol (Madira), fish (matsya) and mudra (typical sustained body posture). Fifth panchmakara, Mudra is actually Kundalini yoga. It's important to note that Panchmakaras should never be confused with worldly forms of these material things or sentiments. These only become panchmakaras when these are fully accompanied with spiritual sentiment and practices in the guidance of a qualified Guru and are utilized in minimum amount for the maximum spiritual benefits. Not doing so, panchmakaras may turn harmful too. Panchmakaras initially produce duality. Then it can be converted to non duality with various meditation techniques and nondual philosophies like Vedas-puranas or sharirvigyan darshan. Actually, non duality has not its separate existence. It's only the negation of duality. it's the duality that has its own existence. Therefore, we can only produce duality directly through worldly indulgence. We can't produce non duality directly but only through negation of duality. In other words, duality is the base thing to be attained first. To what we would apply the negation word 'non', if there is no duality. There appears wide spread misunderstanding regarding non duality. We can't remain nondual while fully ignoring the duality. Both sentiments run together side by side. This post is not advocating any particular thing or method or lifestyle. We are only presenting the scientific truth to the readers.

**Panchamakars are considered sinful in the eyes of the world**

One of the reasons, which was mentioned in the previous post is that they produce tamoguna. The second reason is that in it violence karma is involved. You get the fruits of karma. But one only gets it according to karma, not according to his choice or thinking. According to classical

mythology, most people understand that it will lead to death penalty or will have to face severe torture in terrible hells, because all types of sins or violence are equal. But this does not happen. This is only a spiritual expression, not a physical or practical one. Minor fruits of minor sins continue to be seen, which are ordinarily seen in the common progressive public in any way, such as getting sick, slipping foot, sprains, increase in the chance of an accident, etc. But in most cases, rescue takes place. The power from the Panchamakars makes the man more engrossed in worldly pursuits. Naturally the minor illnesses, physical pains and mental pains that arise from this are as the result of their sins. With them, the sin of the Panchamakarass is destroyed, and the business of the world also continues to progress. Therefore, the maximum use of energy should be done in such a way that one has to commit least sins for it. This is karma management. This is the Yoga.

### **Nowadays it seems difficult to do Kundalini yoga without Panchamakarass**

I was reading about the yoga experience of a young man in a blog. He had become a pure vegetarian for yoga. Once he lives in the wilderness of Amazon as guest to someone he knows. There, he avoids the fish and asks for pulses to be put into a pit made by him in the rice pile in his plate. The laughter of his acquaintance does not take the name of stopping. Embarrassed by this, he becomes a non-veg yogi. It means habits and habitats are according to the country. Eating a balanced diet is very important for a yogi, because yoga requires a lot of energy. Yoga is the second name of balance or balanced life. It highlights the importance of balanced diet in one's life. We consider the balance of food to be limited only to the balance of nutrients. But in fact, this balance should be extended even to the gunas of the nature or prakriti. A person can get all the necessary nutrients from vegetarianism, but he will get the Tamogun of nature only from the non-vegetarian. One can also use limited alcohol without any harm to health, to obtain the necessary tamoguna. It is known to all and as it has been proved in the previous posts of this blog that for the balance of life, the three gunas of nature should be in balance inside the mind. These gunas complement each other only when in

equilibrium, otherwise they may become inhibitors of each other. All of us know that mind is formed by diet. There is also a famous saying that “What is grain, that is the brain”. This shows the importance of having all the three gunas of nature in a balanced amount in the diet. It is said that no worship without eating. Vata, Pitta and Kapha of Ayurveda are also Satoguna, Rajoguna and Tamoguna respectively of nature. Health remains good by balancing them. The word non-violence that Patanjali has inserted in Yama and Niyam of ashtanga yoga means that there should be no violence without a higher purpose. If non-veg such as fish, egg is not taken in the form of mild violence or sin to keep the body strong and healthy, then it will also be violence towards the body. From that, how will the yama and niyam of yoga be applied in Yoga. Violence against the human body is the greatest violence. Patanjali used to think very long, so instead of getting into the mess of vegetarian or non-vegetarian, he added the word non-violence. This is enough for those who understand. Now if according to science, the need of the body is judged, then a man only needs 70-100 grams of meat as doze of one day for two days in a week. It can be harmful for the body if this need isn't fulfilled or even over fulfilled. Over fulfilling also produce unnecessary tamoguna or darkness. I have seen many yogis, who feel the need after 15 days, many after 1 month, and some after 3 months. Many feel the need for non veg at an interval of six months. Now tell what will be the deficiency of nutrients fulfilled by it. From this, it is clear that the deficiency of tamoguna of man's mind is fulfilled by it. It also gives him full and refreshing sleep due to its inherent quality of darkness, which makes a good repair of his body and mind, and that makes him healthy. The body states its own need. When it is needed, meditation starts to decrease in yoga, agility is reduced, appetite decreases, digestive system starts messing up, tremors start to occur in the body. In behavior, anger and irritability comes, it becomes difficult to maintain non duality, the mind starts to wander inside the vortex of duality, it becomes like depression, the body starts getting sick, one starts to feel like fear, disinterest in sex. To maintain the advaita sentiment in the right way in the mind, the balance of the three gunas of nature is very important. Further

added, where there is non duality, there is kundalini. Like these, many symptoms occur if body requirements remain unfulfilled. In fact, due to lack of diet, some side effects are produced in every part of the body and mind. Many people ignore them and many people are not aware of these. All these bad symptoms disappear immediately after the nutritional supplements are completed. Anyway, fish is considered the best diet, because it has many healthy properties, and also has no side effects. That is why it has been specially included in the Panchamakaras. Papakarma or sin is also very less due to its consumption. Scientific research has also revealed that the fish does not feel pain. It appears as a gift given to it by the nature to escape from the torture of the very same nature. Although all the three gunas of nature are present in all things and expressions, but in a particular thing, a particular guna is more powerful. Take Panchamakars, then there is excess of Rajoguna in sex and fish, Tamogun in meat and liquor, and Satoguna in Mudra or static gesture. In today's era of pollution and hyper-physicality, the demand for energy of the body has increased a lot. In such a situation, perhaps only the leftist Yogic panchamakaras can guide mankind correctly.

## **Kundalini is like a bird that likes to fly in the empty and open sky**

Friends, yoga or spirituality has been shown to be associated with flying. The description of planes appears in many places in the spiritual scriptures. Yogis have been shown flying in the sky at many places. The soul has been given the metaphorical form of bird. Today we will discuss it scientifically.

### **There is basically no difference between the soul and the sky**

Both are three-dimensional. Both are ubiquitous. During the divine experience of self-awareness, man experiences himself as a glaring, blissful, all-pervasive, and conscious sky. Similarly, at the time of encounter of the departed soul, the man feels himself like the sky. However, it has very few qualities of light, consciousness and bliss. Therefore, that form appears like a glowing mascara. Yet that form is ubiquitous.

### **Man's mind has always been tempted to fly in the sky**

The reason for this is that the soul is sky-like. Everyone wants to befriend someone like him. That is why every man wants to travel in the sky. This is the reason why you get pleasure sitting in an airplane. When I was sitting in the plane, Kundalini became active with pleasure in my mind. Likewise, I went to an empty field to enjoy kite with my family one day. Children were flying kites in the high sky, and I lay on the ground facing sky over a mat, so that I could see the kite continuously without turning my neck. I kept watching the kite without getting tired for about an hour and a half. During that time Kundalini remained active, with quiet thoughts and old memories slowly creeping with bliss in my mind. Many times I felt like sitting on that kite myself and flying in the high sky. For many days, that bliss remained in my mind, and along with it, the zeal also dominated. There was a good mood in work as well. Similarly, Kundalini bliss increases in the mountains as well. This is because the mountains are also three dimensional like the sky, although slightly less than that. Even in the mountains, man can move in every way. He can also move back and forth, and can also climb up and down.



## **Kundalini bird starts flying in the sky as it becomes available**

When with sharirvigyan darshan or other nondual philosophies, the emptiness of the sky begins to settle in the mind, then Kundalini starts to appear like a flying bird in it. Together, there is bliss as like flying in the sky. At that time the soul is like the dark and void sky of the background, and only the Kundalini expresses like a glistening bird in the sunny sky or as a piece of light. Hence the soul that has been considered as a bird in the scriptures, that's actually Kundalini. Kundalini is the compressed or short form of the soul. As the snake becomes smaller by coiling into a tight spiral, so too the soul. That is why it is called Kundalini that literally means coiled into spiral. When the Kundalini joins the soul fully and becomes universal, then it is called the opening of the coil of the snake and coming to its real and detailed form. In the same way, when one becomes connected to the sky, the nondual emptiness like the sky starts filling the mind. That also creates the same Kundalini effect, which fills the mind with bliss in the same way. That is why, as mentioned above, in the scriptures, yogis are shown flying in the sky, and planes are described in abundance.

## **Kundalini is the lamp of the deluded soul**

The mind becomes void and calm like the sky due to the meditation of non duality, but its bliss and light disappears. This happens because joy and light are with the thoughts of the mind. They disappear with thoughts. To compensate for these, the Kundalini in the form of a lonely picture becomes active in the mind. It acts like a lamp, and fills the thoughtless mind or soul with joyful light. Through the long-term Kundalini yoga practice, there comes a time when the soul produces its own natural light. Then the light of the Kundalini lamp also fades there. But this happens only at the highest and last level of spiritual practice. This is called asamprajnata samadhi.

## **Kundalini is the physical representative of the soul**

The soul is zero like the sky but full of consciousness as opposed to it, although by being in worldliness, it has to bear its ill effects of illusion. This causes its conscious light to disappear. When man tries to return to his primitive soul with advaita spirit, then Kundalini appears there. This is because

the neuronal energy in the brain is gathered from the thoughtless state generated by Advaita, which usually produces thoughts. The easy way to get that neuronal energy out is through Kundalini thought or picture. This happens because for that the brain does not have to decide what the Kundalini picture is like, should it be thought about, what will be the consequences of thinking it, etc. This is because of the long association with the Kundalini picture. This relationship can be as natural as love etc., and also artificial in the form of yoga etc. The same Kundalini picture tries to give the soul the natural qualities of its light, consciousness, etc. At that time the soul is in the form of Yin, and Kundalini as Yang. However this seems to us due to worldly illusion. In fact, it's just opposite, there is Kundalini in the form of Yin and the soul in the form of Yang. The union of these two is Shivvihiva or Shiva marriage. When it is completed, it is called Kundalini awakening or Self Realization. At that time, the consciousness of Kundalini envelops the whole self-sky, and the two seem to be completely mingled with each other. Kundalini is said to be the physical representative of the soul, because it is undoubtedly a limited and solitary image in the limited brain, and is bound by physical constraints, but it has all the conscious qualities of the soul. The same reminds the soul of its true real qualities. But it happens through practice. That is why Kundalini is always remembered through yoga, love, etc.

## **Kundalini science is the backbone of most of the religious beliefs**

Friends, Kundalini science is the backbone of all religions. All religious beliefs are based on it. I will explain this principle by giving some examples of some of the traditional beliefs of Hindu religion along with some practical know-how of Kundalini yoga. Although these beliefs look pity, but these convey a great practical message of Kundalini yoga.

### **Centralizing the Kundalini with the toe touching the heel**

According to this belief, if a heel of a man's foot is hit by another man's foot from behind, then other heel is also to be kicked in the same way. It makes both people auspicious. In fact, with the hit on the foot of one side of body, the Kundalini becomes

more active on that side of the body as the Kundalini pursues sensation. When the same sensation arises in the foot on the other side of the body, then the Kundalini starts going to the other side. This brings her to the center of the body, i.e. the spinal cord. This makes a man balanced, which makes him auspicious in every way. The other man also gets the benefit of this effect, because what's karma, that's the fruit. I have seen this happen myself.

## **One or odd sneeze is inauspicious, but two or even sneezes are considered auspicious**

The same Kundalini principle works behind this as well. The sensation of a sneeze activates only one side of the brain. Imagine that the left side becomes active. This means that at that time the thinking of man was limited, linear or logical. Because the two parts of the brain constantly communicate among themselves, it is sure that it will alert the right side. When the second sneeze occurs, the right part of the brain becomes active with it. This makes a man's thinking unlimited or logical. This causes the Kundalini or Awareness to revolve in both parts of the brain and become centered in the middle of the brain. On this central line, Sahasrara and the Ajna chakras are situated. This leads to fullness, balance and joy.

## **The inner marriage of the brain with itself is the form of Ardhanarishvara god or Shiva Vivah**

The right and left parts of the brain keep on working turn by turn. This happens through the permanent contact route between them. This neuronal pathway is called the corpus callosum. In which people it's not there due to any disease etc., these continue to work continuously as separate units for a long time. These people are unable to do their work properly due to lack of mutual coordination between both halves of their brain. In normal person, left brain works for some time. It performs everyday tasks efficiently by staying within a rational, limited, and practical scope. But man gets tired of the glare of its thoughts in a short time. Then the body comes under the control of the right brain. Its work style is unlimited, irrational or illogical, emotional, compassionate and investigative in nature like an open sky. Because there is no dazzle of thoughts that bind man in a limited range, so it is having darkness. By staying in it, as soon as the old fatigue of a man's thought processes is over, this part stops, and the left part starts again. This cycle goes on continuously. The time interval of job transfer may vary according to activity level of a man and his spiritual interest. Now the point is, to make both parts of the brain work together equally. This is the arrival of the Kundalini in the central line or sushumna. With this, the Kundalini Shakti means the vital force is divided equally in both the parts, and makes the whole brain functional. The same is also felt during Kundalini awakening, when instead of a particular area, the whole brain becomes conscious, active and vibrating equally. We can also call this as the internal union of Ardhanarishvara or Shiv Vivaha. It can also be said that the left part of the body is married to the right part. In Hinduism, the left

part of Shiva named Ardhanarishvara is shown as female goddess and the half right side as male god. Kundalini picture tries to be in the left brain, that's why Kundalini has been given a feminine form. You see, everyone has natural instinct to be always submerged inside the pool of glistening thoughts. This instinct is to be overcome through regular practice of shifting awareness to empty sky of right brain. An attempt is made to bring it to the center through Kundalini yoga. A person becomes a complete human being only by the centralization of Kundalini. By this, there is logical practicality in him, as well as irrational emotionality and discovery mind too along with . This means that advaita or non duality is born there, because without advaita it is not possible to coexist with two opposing qualities. In the same way, by directly maintaining the advaita bhava from physiology philosophy or sharirvigyan darshan or Puranas, the clarity of Kundalini is increased in the mind. To keep the two opposing qualities together in the mind or to keep the Kundalini through Kundalini Yoga requires a lot of vital energy. That is why I have laid a lot of emphasis on balanced diet and balanced life for yoga in the last post. In beginning, while doing Kundalini yoga, I used to rotate the Kundalini around the head at the level of the sahasrar chakra and ajna chakra in the brain, as if a farmer is running a plow in a circular field. With this, my whole brain would become active, and Kundalini would be centered with bliss. I also noticed that drawing water from one nose and removing it from the other nose also helps the Kundalini to centralize. This is called Jal Neti. For this, the water should be lukewarm, and mildly salty, otherwise plain and cold water irritates the mucous membrane of the nose.

## **Ida, Pingala and Sushumna nadis are the only three nadis necessary for Kundalini awakening**

During the practice of Kundalini Yoga, there are three sensation paths in the back. The nadis are actually subtle sensory pathways, which can only be experienced. In physical form, I do not see these in my body. They may also be in physical form. This is a research topic. A sensation ascends through the left side of the back, and ends at the command ajna chakra after passing through the left brain. The second sensational path likewise passes through the right part of back and the brain, which is also completed on the ajna chakra. One is Ida and the other is Pingala Nadi. In the middle of these two and right in the middle of the spinal cord, the third channel passes to the Sahasrara, which is in the middle of the back and brain. This is the sushumna channel. Unlike the usual diagrams, I find Ida and pingala more lateral that's towards the margins of back. May be it a short practice effect. Actually, feeling matters more than the theoretical principles in Yoga. Kundalini awakening is done by the Kundalini climbing through this channel. Even if Kundalini is climbing up through Ida or Pingala channel, it should not be interfered, because Kundalini is beneficial in every situation. She should also not be forced to travel through the sushumna channel, because Kundalini does not like force much. Kundalini is happy with surrender. When she is climbing through Ida or Pingala, along with her meditation, Mooladhara or swadhishtan chakra and ajna Chakra should also be meditated together. With this, she comes into the sushumna channel, or after climbing in the channel of the opposite

side in the back for a while, she starts climbing in the spinal cord or sushumna channel. This causes Kundalini to be expressed in Sahasrara. Along with this, there is also the attainment of bliss with the balance of body and mind. Kundalini is not taken down from the Sahasrara to the Ajna Chakra, hence the end of the Sushumna Nadi is depicted in the Sahasrara Chakra. In fact, keeping Kundalini in Sahasrara and awakening it there is the primary goal of Kundalini Yoga. All spiritual qualities are manifested by this. The Sahasrara Chakra connects the body to the universe. It is the most spiritual chakra, which is connected to the soul on one side, and the divine or God on the other side. Sahasrara has great ability to withstand the pressure of the Kundalini. It seems that Sahasrara's itching is being erased by the Kundalini, and one is having joy of this. However, if there is unbearable pressure, then the Kundalini can be brought down to ajna chakra and to the lower body through the front channel. However, it appears more difficult and messy as compared to bringing down through Ida or pingala. However, it is helped by keeping the inverted tongue touched with the soft palate. That is why the end of Ida and Pingala is depicted in the ajna chakra, but the end of sushumna channel is depicted in Sahasrara chakra. If you concentrate together on the Muladhar and the ajna chakra, then the Kundalini runs through the Ida channel. If you meditate together on the Swadhisthana Chakra and the ajna Chakra, then the Kundalini is transmitted through the Pingala Nadi. This means that meditating ajna chakra, swadhisthan chakra and Muladhar Chakra, all three together would make Kundalini run through the Sushumna channel up to sahasrara or it will reach the sahasrara chakra directly. This is also shown in the picture. You can see that Kundalini has reached the Sahasrara Chakra without the participation of the Sushumna Nadi. Passing through Ida and Pingala, Kundalini join together at the ajna chakra. From there, she climbs up through the left and right brain and gathers at Sahasrara. It also feels like this. A thick wave filled with pressure in the brain on both sides goes up and feels connected in Sahasrara. That's why both of these short channels are shown in the picture as thick bands. When the Kundalini is to be lowered down from sahasrara chakra through the front channel, it is through these same band shape short channels that it is lowered from Sahasrara to the ajna Chakra, and down from there. You must have noticed, when a man is mentally exhausted, he rubs his forehead, and also constricts his eyes and forehead. This gives him a feeling of passing of some gushing fluid through both sides of the forehead. That makes him mentally rejuvenated. It is experienced by the functioning of these channels. You can experience it by doing this just now. In real and casual practice, none of these channels are experienced only these four chakras together with Kundalini at sahasrara chakra is experienced. The Ida Nadi represents the female part of Ardhanarishvara Dev that's half man half woman god. The Pingala channel represents right half of his body that's the male god part. The sushumna nadi signifies the union or marriage of the two parts. Sushumna channel carries the most of the energy from the Muladhar Chakra to the brain. That is why, by meditating on Sahasrara during Tantric Yoga, the Muladhar Chakra becomes fully shrunk and loose. In daily folklore, anyone too must have realized that when the brain gets busy with some other work, the sexual arousal becomes completely calm. Of course, that energy is not seen passing through the spinal cord, but the path of its passage to Sahasrara is through the spinal cord or sushumna only. The flow of energy through the spinal cord is experienced through

special and long practice of yoga breathings. That too is experienced only for a few moments, as the experience of falling lightning is momentary. But there is no need to experience it. Important is the Kundalini awakening, which happens without its experience. If you are able to reach the fruit directly, then what is the need to see the tree. Probably it may be the source of origination of this Hindi saying, ” Eat the mangoes, don’t count the trees”. Energy also ascends through the Ida and Pingala channels that terminate in ajna chakra, but not as much as through the Sushumna channel.

## Kundalini Yoga in Shrimad Bhagwat Gita

Friends, a friend started sending me online Geeta on WhatsApp a few days ago. One shloka is sent daily in the morning and one in the evening. I found a lot of material in it which was related to Kundalini and Advaita. There are some points about which there also seems to be confusion in the society. By the way, I have received the rites of Geeta from my childhood. My grandfather's name used to start with Geeta, and he was very fond of Geeta. I too had read the detailed commentary on the Gita. But there is a lot of difference between reading and heeding.

### Description of Tantric Kundalini Yoga in the 29th verse of fourth chapter of Gita

भागवत गीता अध्याय-4      अपाने जुहति प्राणं प्राणेऽपानं तथापरे।

प्राणापानगती रुद्ध्वा प्राणायामपरायणाः॥४-२९॥

Some offer prana (incoming breath) in apana (outgoing breath) and others apana in prana. Some others who practice Pranayama (restraint of breath) stop the flow of prana and apana - ॥29॥

The first line of this shloka literally means that some yogis perform havan or sacrifice of prana vayu in apana vayu or air, means they burn prana into apana. Prana Vayu prevails above the chest in the body. Apan Vayu pervades the areas of the Swadhisthana Chakra and Muladhara Chakra. When meditation is done together on the agya chakra, the swadisthana chakra and the mooladhara chakra, then the prana and the apana are gathered together on the swadhisthana chakra. This causes the Kundalini to shine on the Swadhisthana Chakra. In yoga, at place of Swadhisthan, Manipur Chakra is also kept. Then prana and apana are burned on the samana air. Even then, it is called a offering of prana in apana, because apana is closer to naval than prana. Samana air prevails in naval area. Many times meditation of the single chakra, sahasrara or ajna chakra is done. Then a slight meditation is turned to the Swadhisthana Chakra or Muladhara Chakra. This brings down the prana from these top two chakras, and it becomes the part of apana. In a way, apana eats prana, just as fire consumes wood or other

ingredients of yajna. That is why the offering of prana in apana is written here. Rajyogi type people do this offering more to get well worldly grounding for they have plenty of energy in top chakras due to their thinking nature.

The second line of this verse literally means that some other people perform burning of apana into prana fire. When the Ajna Chakra, the Anahata Chakra and the Mooladhara or Swadhisthana Chakra are meditated together, then the prana (upper air) and the apana (lower air) gather on the Anahata Chakra. Because there is prana on the Anahata Chakra along with the ajna Chakra, that is why it is said that the apana is poured on to prana fire to burn it. In this too many times only two chakras are meditated. At first mooladhara or swadhisthana chakra is meditated upon. Then a slight meditation is diverted towards the Sahasrara or ajna cycle. With this, the apana climbs up from the bottom chakras through backbone channel and joins the prana. It is written as the offering of apana in prana. Keep in mind that it's Kundalini that's felt in the form of Prana or Apana. Tantric type well ground people do this type of offering more for they have plenty of energy at bottom chakras. They get mental energy necessary for kundalini activation and awakening with this.

The word by word meaning in the third and fourth line is that people who do pranayama or breathing exercises do this (havan or prana yajna) by stopping the movement of prana and apana, meaning stopping the inbreathing and out breathing respectively. It is most important in yoga. Actually, it's the real or main Yoga. **Prana-apan union is the heart of Yoga.** Other activities are only its supportive means. While breathing in, the prana goes up through the spine. Kundalini also accompany it. Expiration or out breathing means that while exhaling, Prana descends through the front channel, which means that it reinforces apana. With this the Kundalini also comes down. Then again it rises up through the rear channel with inbreathing. This cycle goes on. Due to this, Kundalini is not able to remain stable at one place, due to which it is not properly meditated. We cannot stop prana, because it is a subtle energy flowing in the channels. Yes, we can stop pranavayu or breath, to which prana is connected. In this way, breath acts as a handle for prana. When the



breath is stabilized by holding the breath, then we can give prana or kundalini a carefully controlled motion. While breathing, we cannot control prana or kundalini much with meditation, because the breath keeps making it dance here and there. Prana and Kundalini climb up through the channel of the back with the breath going in, and with the breath going out, they descend through the front channel. By stopping the breath, both prana and kundalini stop. When the Kundalini stops, the mind also becomes static, because Kundalini is an experimental part of the mind. **We cannot control the whole mind together, that's why an experimental piece or sample piece of it is taken in the form of Kundalini.** For this reason, after Kundalini Yoga, one feels joy with stability and peace of mind. Prana is one and same everywhere in body. For the sake of explaining according to the place of activity, it has been divided into different parts, which is prana, apana etc. By holding the breath to interpose Prana and Apana on a Chakra, Imagine on Manipur Chakra, the main meditative focus is kept on the Manipur Chakra and also the Slant or minor Meditative mind is placed on the ajna Chakra and Muladhara chakra. Due to this, the life force or prana between ajna chakra and manipura chakra come down and the apana situated below the manipura chakra come up and both clash with each other on the Manipur Chakra. This exposes the Kundalini there. On each chakra, both of the prana and apana are drawn once by exhaling and holding breath there, and once by inhaling and holding breath there. It should be kept in mind that the breath should not be held for more than one's easily tolerable point of time. Breaking one's tolerance limit can cause brain damage.

Keeping hands on the middle chakra helps in focusing. Similarly, while sitting in Siddhasana, one feels a sense of pressure on the base chakra by the heel of one foot, and on the Swadhisthana Chakra with the other foot. This sensation also helps in meditation of the chakra. But remember that full Siddhasana sometimes causes knee pain, especially in the knee of the upper leg whose heels touch the swadisthana chakra. Therefore, Ardha or half Siddhasana should be applied in such condition. In this, only the heel of one leg touches the Muladhara Chakra. The second leg rests

comfortably on the ground, not just above the first leg. Long-term neglect of knee pain also increases their chances of worsening.

### **Formulation of Raja Yoga in the 30th verse of the fourth chapter of the Gita**

भागवत

गीता

अध्याय-4

अपरे नियताहाराः प्राणान्प्राणेषु जुह्वति। सर्वेऽप्येते यज्ञविदोयज्ञक्षपितकल्मषाः॥४-३०॥

taking regulated food, offer (vital airs) prana in prana. All these seekers are knowers of (Yagya) sacrifice and destroy their sins by performing it. ॥30॥

This shloka literally means that people with regular dieting habits offer or sacrifice pranas in to pranas. All these seekers are going to destroy sins and know yajnas of knowledge. Yogis with regular dieting habits and satvic lifestyle are Rajyogis. These are not having tantric and open lifestyle so these do not take shelter of the Panchamakaras or 5Ms. Therefore, the chakras located in the lower parts of their body are weak, due to lack of prana or apana. They meditate on the Kundalini in the chakras of the upper part of body, starting from the brain up to the heart chakra. They mainly form a triangle of meditation. One point of that triangle is the Sahasrara Chakra, the second point is the front ajna chakra, and the third point is the rear ajna chakra. This involves direct or main meditative focus on one point, especially on the front ajna, and slant or secondary meditation focus on the other two chakras. The points can also be interchanged. Similarly, triangle can also be formed by taking other chakras. The prana from all these three points of triangle gather at that point where main meditative focus is maintained and Kundalini starts glowing there. The point of the top in these triangles is mostly the Sahasrara Chakra. Actually, triangle is made to centralize or concentrate the prana on its lines from nearby areas all-around. One can't meditate large area together. For further concentration of prana situated on triangle, its three conical points are chosen. Prana on these three points is further concentrated on to single point through keeping main meditative focus on it. In the last, we get highly concentrated prana on that single

point along with Kundalini there. Similarly, the same happens with the straight line, imagine a line connecting Muladhara, Manipur and ajna chakra points. The prana of the body around line is centered on the line through little meditation. Then the prana of the line is centered on these three connected chakra points. Then the prana of all the three points is gathered on that chakra point, on which the main meditative focus is kept. Secondary or oblique meditative focus is put on both other points. It's a wonderful spiritual psychology.

### **Prana-apana union in Christianity**

The living Jesus answered and said : "Blessed is the man who has known these things. He has brought heaven down, he has lifted the earth and has sent it to heaven, and he has become the Midst for it is nothing." I suppose the heaven is Prana that's brought down as described above. Similarly, earth is Apana that's lifted up. Midst is the union of both. Nothing produced there is kundalini produced along with mental stasis that comes accompanied with nonduality. Nonduality with mental stasis is equivalent to nothing. Prana is called heaven because it resides in the upper chakras of the body, and the upper chakras have the same nature as the heavenly realms, and are also depicted so in many places. Likewise, Earth is called Apana because apana pervades the lower chakras of the body, especially the base chakra. These lower chakras are also referred to as substandard or hellish realms. Muladhara is given the metaphor of the earth, because by its meditation man is well connected to the ground or physical dimension, that is, it provides man with a base. That is why its name is made by adding the words root (mool) and base (adhar). The earth also provides the greatest base for living and standing. Source of this codex can be accessed at following link-

[The Gaian Mysteries Of Gnosis - The Bruce Codex](#)

## Kundalini appears sufficient for spiritual liberation

Friends, I had put an important post related to Gita online last week. In it, how the whole mystery of Kundalini Yoga is hidden in the two verses of the Gita, it was told. Today I am sharing the second yoga secret hidden in the Gita in this post.

### In the 18th and 19th verses of the fifth chapter of the Gita, the secret of spiritual liberation is hidden

विद्याविनयसंपन्ने ब्राह्मणे गवि हस्तिनि शुनि चैव श्वपाके च पण्डिताः समदर्शिनः ॥५-१८॥

Such wise men as a Brahmana with wisdom and humility, see a cow, an elephant, a dog and an outcaste, as the same. ॥ 18 ॥

इहैव तैर्जितः सर्गो येषां साम्ये स्थितं मनः । निर्दोषं हि समं ब्रह्मतस्माद्ब्रह्मणि ते स्थिताः ॥५-१९॥

With their mind established in this equality, they have attained liberation on this earth itself . As this Brahman(Self) is faultless and homogeneous, indeed they rest in this Brahman (Self). ॥19॥

It is clear from both the above verses that neither Kundalini awakening nor enlightenment is required for spiritual liberation. Salvation comes only from sameness of mind or advaita. Then why do people leave Advaita and run towards spiritual awakening. This is because after awakening it becomes a little easier to maintain non duality. But this happens only for a short time, about 3-4 years. After that, the man begins to forget his spiritual awakening. If high quality advaita is maintained continuously with various spiritual ways, it is equal to awakening. If Kundalini is kept active with various Kundalini practices, then the advaita bhava remains constant, because where the Kundalini is there, there remains the advaita. **At the time of awakening of the Kundalini, the feeling of complete Advaita sentiment and bliss also proves that where there is Kundalini, there is also Advaita or non duality or sameness and bliss.** This also proves that the name of Kundalini is not

mentioned in the Gita, of course, but the Gita is a pro-Kundalini Shastra.

### **should one give more importance to Kundalini or Kundalini awakening**

Kundalini should be given more importance. Because if Kundalini remains active, there is not much need for Kundalini awakening. Good even if it happens, and good even if it doesn't. Anyway, when the time comes, the Kundalini awakening happens automatically, if the Kundalini cultivation is maintained continuously. But if a man leaves Kundalini Sadhana and becomes confused, and starts following the bizarre ways for kundalini awakening, then it is very likely that he will neither get Kundalini nor Kundalini awakening. Anyway, even after Kundalini awakening, Kundalini practice has to be continued constantly. Then why not continue it even before the awakening. This shows that the real power is only in the Kundalini activity. Kundalini functionality or activity means full fledged, practical and humanly worldly activities together with Kundalini sentiment. Awakening only instills unwavering faith in Kundalini cultivation, that keeps it maintained. This happens because **Kundalini awakening is the scientific proof of the spiritual power of Kundalini.** The second drawback of Kundalini awakening is that to get it, it is very important for a man to be healthy and young. This is because a lot of life force or prana is required for Kundalini awakening. This means that **older, sick and worldly over indulged people are much less likely to have Kundalini awakening.** But they can take advantage of Kundalini practice. Another fact is that Kundalini awakening happens at a time when man neither has the desire to achieve it, nor is he expected to achieve it. Therefore, it is sufficient to maintain Kundalini activity through Kundalini practice. All the above facts and principles have been explained scientifically, practically and experientially in a book called Sharirvigyan darshan in Hindi and a book named Love story of a Yogi in English.

## **Kundalini as the basic scientific support for Vipassana or witnessing meditation for it seems difficult and impractical to be like renunciate without Kundalini**

Friends, nowadays new secrets about Gita are being revealed in my mind. Actually the whole Gita is a Kundalini scripture. It was narrated on the battlefield, so it has practical points rather than detail. Due to practicality, the same thing seems to be told many times and in many ways. My **philosophy of physiology named sharirvigyan darshan** now seems to me to be completely based on the Gita. Although I made it independently, without copying anyone and from my own experience.

### **Kundalini is at the root of all types of yoga**

योगयुक्तो विशुद्धात्मा विजितात्मा जितेन्द्रियः। सर्वभूतात्मभूतात्माकुर्वन्नपि न लिप्यते॥५-७॥

He, who has controlled his mind, subdued his senses, is of the very pure mind and considers the Self all the beings as his Self; even though performing actions, does not get bound (tangled) . ॥7॥

All the above qualities remain with Advaita or nonduality itself. **Advaita lives with Kundalini.** Therefore Kundalini is at the root of this verse.

### **In today's scientific and rational era, every spiritual utterance should have a scientific and rational philosophical basis**

नैव किञ्चित्करोमीतियुक्तो मन्येत तत्त्ववित्।

पश्यञ्शृण्वन्स्पृशञ्जिघ्रन्नश्नन्गच्छन्स्वपञ्श्चसन्॥५-८॥

The seeker of the truth should think - 'I do nothing at all'. Seeing, hearing, touching, smelling, eating, going, sleeping, breathing , ॥8॥

It's not easy to just feel like I'm not doing anything. There must be some scientific or philosophical basis for this belief. Such an excellent basis has been provided by the philosophy of physiology or sharirvigyan darshan as said above. I had laid the foundation of making it with some divine inspiration, when, under the guise of momentary and dreamy self-

realization, I began to steal my mind from my work. I was involuntarily moving towards Sanyas Yoga. This left me physically behind the rest of the nearby surrounding world. Then it pushed me towards worldliness and made my Karma Yoga successful. In this scientific philosophy, it has been proven that **whatever man is doing, the same is happening in our body as well. When the living people in our body do not consider themselves to be doers, then why should we consider ourselves to be doers.** One should understand within the realm of his subconscious mind that the subtle form of that philosophical book is raining on him all the time. I am saying this to the subconscious mind because the direct or conscious mind is busy in the work of worldliness, why disturb it. I myself have seen quick and miraculous benefits from it. With such contemplation, Kundalini appears with joy, and one feels relaxed. This means that there is only Kundalini at the base of this verse. From this, we can also understand that in fact the Kundalini of man's mind is the doer and the consumer, not the man himself.

If such contemplation of philosophy of physiology causes pressure and inertia in the brain, then another method should be tried. In this, a little attention is paid to the philosophy of physiology, then according to the time, every situation should be accepted as its blessing, and one should be happy.

**Sankhya Yoga or Sannyas (renunciation) Yoga is equivalent to Vipassana or Witnessing and Karmayoga is equivalent to Kundalini Yoga**

संन्यासः कर्मयोगश्च निःश्रेयसकरावुभौ । तयोस्तु कर्मसंन्यासात्कर्मयोगो विशिष्यते ॥

५-२॥

The Lord Krishna says - Renunciation and pursuance of action both lead to the highest bliss; but, of the two, pursuance of action is better than their renunciation. ॥2॥

Kundalini is more effective in both Karma Yoga and Kundalini Yoga. In this, more importance is given to Kundalini as compared to rest of the world. This is an excellent way, because with this the worldliness also runs very well. **Many of the best types of kings and administrators have**

**been karma yogis.** In sannyasa yoga, by keeping a witnessing attitude to the thoughts, they are dissolved. Many Buddhist people and other tradition renunciates adopt this method, that is why they have to stay away from the world and spend most of their time in monasteries etc. Many modern people also make short-term use of this method to relieve their stress.

**The spiritual benefits that are obtained from Witnessing Sadhana are also obtained from Kundalini Sadhana as well**

यत्सांख्यैः प्राप्यते स्थानं तद्योगैरपि गम्यते। एकं सांख्यं च योगं च यः पश्यति सः पश्यति ॥५-५॥

That state which is attained by renouncing the actions is also attained by those who pursue actions. He, who sees both as the same, sees correctly. ॥5॥

This is the excellent and topmost verse in the Geeta. I have myself experienced this same and it's the topmost saying from me too. This verse means that the liberation or spiritual growth which is attained by Sannyasa Yoga or Vipassana, is also attained by Karma Yoga or Kundalini Yoga as well. The only difference is that it appears more with Vipassana or Witnessing. Because **there is no storm of thoughts anywhere when viewed from inside as well as outside of the Vipassana Yogi, just like a peaceful lake. While the Karmayogis are calm from inside but stormy from outside like the sea.** That's why these two appear different from each other to worldly people whereas both of these are one and the same thing in real essence. I reached upto the level of sankhya yoga after crossing the minimum required threshold level of karmayog. However, it's other thing that I still give more importance to worldly oriented karmayoga. The additional feature of Karmayoga among these two is that, of course, in it there is blissful and Kundalini filled emptiness of mind from inside, but from outside all the work of worldly nature continues to be done in the best way. It just matches to the nature of ocean, stormy from outside whereas peaceful from inside.



This verse was made for people like Arjuna who wanted to leave their duties and responsibilities and become intransitive in the name of witnessing meditation. This verse opened the eyes of such people. They were told through this verse that the highest spiritual benefit is obtained by doing karma, not by giving up karma in the name of spiritual practice. Knowledge meditation is not that easy. Not everyone can become a Buddha. If the practice of knowledge fails, then the hell may be there as per scriptures. By the way, Karma Yoga does not fail. But even if it happens in a rare case due to some vicious circle, then one atleast gets temporary heaven, because in this, man has done good deeds.

Many people use a mixture of both Karma Yoga and renunciation Yoga. They focus more on karma yoga on work occasions, and on sannyasa yoga in the absence of work. I also tried this method. But I think that complete Karmayoga is the best. In fact, there can never be a shortage of work.

**It is easier for a person entangled in worldliness to do Kundalini sadhana than to do Witnessing sadhna**

संन्यासस्तु महाबाहो दुःखमाप्तुमयोगतः। योगयुक्तो मुनिर्ब्रह्मनचिरेणाधिगच्छति॥५-६॥

But, O mighty-armed Arjun, it is hard to attain renunciation of actions before practicing their pursuance. A sage established in pursuance of actions attains Brahman soon. ॥6॥

This verse means that **when Karma Yoga or Kundalini Yoga leads to Kundalini awakening, then only we can make real renunciation of thoughts**. Sustained kundalini activation can also do the same job. Kundalini awakening is the highest level of worldliness. This makes the mind fully satisfied and fulfilled with the world. So after that, it is very easy or it can be said that it becomes automatic or natural to give up thoughts. Without it, the mind wants to remain in the world, because it has not got its full juice. That is why Buddhist monks prefer to practice in solitude while staying away from the world. Due to that, they are able to keep their mind away from the temptation of the world. This clearly shows the importance of Kundalini activity and Kundalini awakening for Vipassana or Witnessing or Sannyas Yoga or

Samkhya Yoga. **Vipasana, vipashyana, witnessing, sannyas yoga, jnana yoga, and samkhya yoga, all of these are synonyms to each other.**

**Amazing practicality of shrimadbhagvad Gita**

I suppose that spirituo-scientific principles of Gita should be practically applied in our daily lives otherwise there appears no special benefit in merely reading or daily chanting it. If a person understands the secret of Karmayoga practically, then he does not need to read too much.

## **Kundalini is Rati and the pacification of lust by Kundalini is the marriage of Rati-Kamadeva**

Rati-kamadeva

Friends, I have a habit of reading mystical literature every day. This keeps my right brain active, because it is difficult to apply logic to mystical stories. Our right brain is also like a mad or illogical man with a sluggish nature. The stories of Hindu Puranas are also like a puzzle. If they are understood, then the left brain becomes active, and if not, the right brain becomes active. Meaning that they always benefit in every situation. I have been able to identify the secret of one such plot this week. I read only one page of Shivpuran every day, in original Sanskrit and in Hindi. The fun of the original Sanskrit is something else. This week I have come across an important Tantric secret. I am sharing it here.

### **Lord Brahma curses Kamadeva and gives birth to Rati and then marries her to Kamadeva**

When Brahma created Cupid or Kamadeva then he became proud of himself. He started testing his power on Brahma. Due to this, Brahma became enamored, praising the makeup of his own daughter and became attached to her. Actually this beautiful creation created by Brahma is his daughter. Cupid is also a symbol of indulgence here. Then Shiva stopped him. When Brahma came to know about Kamadeva's actions, he cursed him saying that if he had to test his power, then why did he do it in front of his daughter. That curse was for Kamadeva to be burned to ashes by Shiva. Shiva is the god of tantra, lustful kamadeva is already ash in front of him. Then Brahma produced his another daughter named Rati from the sweat of his body. She was the most beautiful in the universe. Brahma married her to Kamadeva. Seeing her beauty, Kamadeva forgot his Mohini Vidya or deluding power.

### **Cupid is the lust of the human mind and Rati is Kundalini**

It is also mentioned in the scriptures that even one should not meet his daughter and sister absolutely alone, because Kamadeva is very strong. So it is not surprising that Brahma had become attached to his daughter. To subdue his work, he practiced yoga hard. The drops of his sweat are a symbol of this relentless Kundalini-Yoga practice. The Kundalini which became active or awakened by Kundalini Yoga, is

being called by the name of Rati. Kundalini has been given the name Rati because it is attained only by continuous involvement (rat in Sanskrit) in yoga. The word Rat is a major spiritual term like Dhyān Rat, Bhakti Rat etc. It also means absorbed. Kundalini is found only by being absorbed in someone's love or meditation. The name Rati Krida or romantic play is also derived from this. Because both the mind and its most favored part, Kundalini, are strengthened by sex, that is why Kundalini is named Rati. This is explained in a metaphorical form, because in the olden days mystical knowledge was not directly made public. That's why such techniques are called guhya vidya or confidential practices. The story of Kamadeva-Rati also reveals that the Creator of the universe remains untouched by the enticing charm of his beautiful creation only by the power of Kundalini yoga.

### **Kundalini in the form of Rati kept the lust of the gods and sages under her control**

When the deities and sages came to know the secret that kundalini could control sex, they started practicing yoga regularly. That is why Kundalini in the form of Rati has been considered to be the most beautiful, because Cupid attracts the soul only towards beautiful material things. Cupid was defeated in front of Rati. It means Rati or Kundalini is the most beautiful. She is so beautiful that under her delusion, many people leave the world of very good household with heavenly wife and become sannyasins or renunciates. She stopped the business of Cupid. Kamadeva's marriage to Rati means that just as a married man tied to a woman does not look at other women, similarly he too was tied by a Kundalini named Rati. A little explanation of this mystery has also been done there through a verse, in which it is written that Kamadeva used to hide his beloved Rati in his heart in such a way just as a yogi keeps his Brahma Vidya or enlightenment mantra hidden in his heart. Now the real Brahmavidya is Kundalini only, because she leads to Brahm or supreme formless God. Everyone sees a yogi in different circumstances, sometimes in happiness, sometimes in sorrow, sometimes in depression, sometimes in guilt, and sometimes in a state of euphoria. But they do not even recognize that Kundalini of his mind, which remains the same in all these states. Similarly, Rati always remains with

Kamadeva, as both married together. Kama's marriage to Rati also means practicing tantric yoga with social wife with ekpatnivrata or single wife always. According to Tantrayoga literature, first of all only Karma Yoga and simple Kundalini Yoga have to be practiced for many years. During that time the Kundalini named Rati is born, it grows, and reaches the sexual stage, which means it becomes very strong. Then she becomes eligible for marriage with kama or lust. It is only when the Kundalini becomes quite mature that there is the tantric ruling to do continued ordinary Kundalini yoga in a mixed form with sexual yoga. This is the marriage of Rati and Kama. If Rati's child marriage is done prematurely with kama in haste, then there may be loss rather than profit. This is clearly warned in Tantrashastra. If a person harboring the married couple of kama-rati gets into the passion of sex, then people consider him to be ordinary sexually attached. They are unable to see that Rati standing with kama or lust, which is always beneficial. Many tantra yogis get harassed because of this reason. They come in innocence and try to perform Kama-Rati play, but people are able to see only Kama and not the Kundalini named Rati standing with him.

In fact, all indulgent cravings come in the realm of kama. Therefore Kundalini named Rati gets married to all of them and joins them. In the sense of kama, only sexual desire is taken because it is the main and most dominant of all indulgences.

### **Tantra yogis take the help of Kamadeva to create Rati**

It is called hitting the enemy with the enemy's own arrow. Cupid's arrow is world famous. Tantra yogis provide additional strength to their Kundalini with the help of Panchamkaras. They actually transform their energy mainly sexual energy into kundalini energy.

### **Scientific explanation of Rati-Kama marriage**

The force of lust or kama increases blood circulation to the brain. That is why the mind becomes happy. If a man is a Kundalini yogi, it is obvious that the majority of his brain is interfered by Kundalini. In such a situation, if the blood circulation in the brain will increase, then only Kundalini will get the maximum benefit from it. Because Kundalini is in a way a mental picture of high definition resolution, it

consumes a lot of life energy or prana. Due to this the storm of kama calms down effortlessly, blissfully and quickly.

## **Kundalini grows best in confluence**

Mount Karol

### **Rati is the daughter of Daksha and granddaughter of Brahma**

Friends, the previous post was a bit short, this time get relaxed to read the longread article. In the previous post, I had called Rati the daughter of Brahma. In fact she is the daughter of Daksha. The matter is the same, because Daksha is the mind-son of Brahma. Daksha means skillful. When a man adopts in his mind the determination of mastery in worldliness i.e. Karma Yoga, then a Kundalini is born in his mind. This is the birth of Rati i.e. Kundalini from the sweat of Daksha i.e. Karmayoga. This is what I have written in the previous post also that Kundalini has to be developed by first being born through Karma Yoga, then only it can be successfully aligned with dedicated Tantra Yoga for final awakening.

### **Religion or Dharma is a symbol of wisdom**

According to the legend, Dharma tried to stop Brahma from having romance with Sandhya, but he did not stop. Then Dharma pleaded with Shiva to stop Brahma. Dharma or Vivek or Wisdom is also the mind-son of Brahma. This too is a form of thought of mind, of course, the intellect is said to be superior to the mind. It really is the knowledge of good and bad. But a man suffering from sexism often does not listen to it. When Dharma sees that things are not working for him, then he remembers Shiva in the form of Kundalini. He appears at the same time and prevents the man from doing wrong. That is why it is said that God or Kundalini is beyond the intellect. Where even the intellect or mind is lost, there is benefit by remembering the Kundalini. If Kundalini is always remembered by daily yoga practice, then what to say?

### **Sandhya Kaal is a symbol of Advaita**

Sandhya woman is a metaphor of Sandhya Kaal (Dusk and Dawn), this is indicated by a verse in which it is written that Kamadeva was being adorned with Rati like lightning shining with clouds in the sandhya time or evening. The word sandhya is derived from the Sanskrit word sandhi, which means union. In the evening all the opposite sentiments are united. In this way Sandhya is equivalent to God or Advaita. Due to the balance of day and night in the evening, man also

becomes balanced. In fact, in the evening, the degrees of day and night are equal. In the evening, the left and right brain of a man starts moving equally. Its yin and yang become equal. Equal breath starts flowing through both his nostrils. The yoga technique of connecting prana and apana that I described in the previous post is also similar to sandhya. In fact, wherever two mutually opposite feelings join together, it becomes Sandhya. In that calm state all work especially spiritual work becomes more successful. The evening and morning sandhya are so much associated with the worship that the act of worship is itself called doing Sandhya. Similarly, the eclipse period is also a sandhya period. The work done in it gives manifold results. That is why it is said that only good and spiritual works should be done during the eclipse period. In the olden times, the kings used to leave the kingdom immediately and go to the forest for penance. Even the initial period of a few days of exile was like a great Sandhya time for them. At that time they used to wake up their Kundalini quickly by doing Kundalini Sadhana. In the same way, the darkness created by the Panchamkaras is entered into their luminous mind as made by yoga practice by tantrics, which creates a better artificial sandhya time. In that, they attain many siddhis or accomplishments, Kundalini awakening is also one of them. The Ganges and Yamuna rivers meet at the confluence or Sangam of Allahabad. These two rivers have opposite qualities. This makes a very good Sandhya spot. That is why the confluence is considered very sacred. Yogis go to deep mountains and forests for yoga practice because there they feel the confluence. In many religions, the virgin girl is worshiped because in the girl there is a confluence of both man and woman.

**One gets pleasure from traveling in the sandhya, but Kundalini development is there only for the yogi**

Due to the increase in the beauty of a man, he can easily become a victim of lust in the sandhya. The main reason for this is that in the mind of the romantic lover, the Kundalini of the form of his romantic partner resides. In the sandhya it starts shining brightly. At that time, if such a person is in the company of immoral people, then he can take wrong steps under the influence of sex driven by sexual Kundalini. It can be unsocial and together can also cause great loss to the



Kundalini of his mind. But if he is in the company of virtuous friends and people, then while under their influence, he cannot take any wrong step. He controls the Kundalini, is not in the control of the Kundalini. Due to this his Kundalini progressively grows leading him to Kundalini awakening or directly to enlightenment. This is an example and relates to every worldly indulgence. That is why it is said to be in a spiritual atmosphere in the evening time. Anyway, people go out for a walk on the mall in the evening. Bliss comes from the accumulation of extravagant thoughts from here and there, but it only increases the illusion in the form of worldly duality. Yogis are easily recognizable in such times. The effect of Kundalini on his face gives a special glow and calmness. In the evening, due to the equal and efficient working of both the hemispheres of the brain, mental power is at its peak.

### **If the common man gets confusion from the sandhya time worldly work, the Tantrayogi strengthens the Kundalini**

In fact Brahma is a common man. Everything has its origin in the mind of man. There is nothing outside. These mountains, oceans, moons, stars are all a product of the mind. Similarly, the time of sandhya was also made in the mind. To awaken sex consciousness in the sandhya means to be attached to the sandhya goddess. Later feeling ashamed, Sandhya thought of renouncing her body while doing penance. This means that she was going to lose her true Sacred form. Then Gods like Brahma, Shiva etc. got her married to the spiritual sage Vasistha. Means that the sandhya time was again fixed for spiritual work. Tantric rituals are an exception to this. Of course they may seem material and worldly from outside, but from inside they are spiritual. That is why most of the tantric rituals are also preferred to be done in the sandhya. Kamadeva was cursed by Brahma to be burnt to ashes and destroyed, because he had troubled the sages and the deities in the sandhya time. So this is a matter of fear for the common man, because he lives only on indulgence. Anyway, man remains tired in the evening sandhya time due to the whole day's work. Similarly, waking up in the morning sandhya time, one remains having lethargy caused by sleep. This is the boon of Shiva given to sandhya that indulgence

work will not disturb her. Meaning that at that time man's material desires and sexual desires get destroyed. In a way, the kama or indulgence is tiring, the whole of it is not destroyed. Only tantra yogis can do complete destruction of kama. Therefore, this time is a boon for tantra yogis, because they ultimately want to attain knowledge by destroying lust. They first create Kama or lust with their Tantra Vidya, then destroy the same Kama with their stronger turned Kundalini. They give the power of sex to their Kundalini. The common man does not know the technique of converting the energy generated by sex into Kundalini, so that energy creates confusion with colorful thoughts. The second meaning comes from this that Shiva gives himself as a boon. Shiva is a cool and void form, what does he have to give except himself? But when Shiva is found, then everything is found by itself. Shiva is in the form of Kundalini Rati. Therefore, by Kundalini yoga, the kama itself is destroyed.

### **Kundalini takes energy from Kama and finally destroys Kama, then revives Kama**

Now look at the kama itself. He was so infatuated with Rati that he did not even care about the curse placed on him by Brahma, and he agreed to marry Rati under the instigation of the gods. This was the beginning of it being consumed, because ultimately the Kundalini, the Rati, has to destroy the Kama. Now it is not surprising that Kundalini rati is given the name Shiva, because Shiva and Shakti are essentially the same. Shiva consumed Kama, meaning Kundalini consumed Kama. Now if someone says how can it be that Rati is also Kundalini and Shiva is also Kundalini. So its explanation is that Rati is actually a feeling of the mind, but Shiva is the reality. Although both can be expressions of the mind, but I am talking about the relativity of these two. Meaning that relatively Shiva is more real than Rati. Similarly, Rati is more emotional or mind form than Shiva. If Shiva is in the form of an idol kept in the temple, then Rati is in the form of his meditation in mind. Rati means strong affection. Now in Shivpuran, it's obvious that one will have attachment to Shiva only and not to any other deity. Shiva Purana has been advised to meditate on Shiva everywhere. Similarly, when the marriage of Shiva-Shakti means Kundalini awakening, then Kama is blessed with a revival. It means that after

awakening, man again gets absorbed in the world, although with knowledge and non-attachment. After awakening, man is not worried about getting anything, so he starts living freely.

### **Cupid's flowers injure a man in love**

The story is interesting in that Kamadeva, born from the mind of Brahmadev, had five flowers' arrows or weapons. Brahma or Brahmadeva here is synonymous with the collective form of all people or living entities, and Kamadeva is synonymous with the collective sexual desires of all living entities. That is why word God is associated with Kama and Brahma. If there was talk of single man's sex, one would only say sex. In this way, Kama and Kamadeva are essentially one and the same. These five arrows of Kamadeva are, Harshan means to please, Rochan means to be liked, Mohan means to fascinate or to make one mad in one's affair, Shoshna means to absorb power, and Maran means to kill. Now it is surprising that the last three deadly weapons are also of flowers. That is why a man injured by these weapons loses a lot in love, and he does not even realize it. This shows the practicality, farsightedness and meticulousness of ancient sages. There can be no forest dweller who can make such good metaphors, as is the common misconception. They were the most embroidered and fabricated in the world.

### **Along with kama, a lot of emotions also run, due to which the man is immersed in blissful fun**

Then it is written that as soon as Brahma looked towards the sandhya with a feeling of lust, forty nine expressions were born from his body. The same happens with the common man. After getting aroused, he starts showing colorful expressions. He is the friend of friends, the father of fathers, the son of sons and I can't share the complete list of what and what he becomes. He becomes all rounder. What are the feelings that are not born in him? Mother's feeling, sister's feeling, Guru's feeling, elderly's feeling, child's feeling, young man's feeling, animal's and bird's feeling, tree and creeper's feelings, mountain's feelings etc.-etc. Look at the vast poetry done by such romantic people. These feelings rise more in the sandhya time, because there is peace in the mind at that time. There is no evil in emotions, but there is evil in attachment. In the house where Sandhya Yoga takes place,

these sex-borne bhavas or feelings mix with Kundalini and destroy attachment and ill-will. Only pure love remains. Kundalini and love keep increasing each other progressively. So there is no harm in loving, if it is kept pure and spiritual. Rather, that love is the greatest yoga. A man becomes passionate about being enamored with love and rejoices. These days it is called being hyper or hot or colourful. That is the charm of kama. It has been explained in a very beautiful style with practicality, modernity and scientificity, in the book Physiology Philosophy or sharirvigyan darshan in Hindi and Love story of a Yogi. There are many beautiful metaphorical stories in the Puranas. I think that while telling the story, along with the original story, the mystery of the metaphor given in it should also be decoded. This will give more benefit to the listeners.

### **The boons sought from Shiva by Sandhya were for protection from lust, not from pure love**

I am saying this because many people do not even talk to each other in the sandhya due to fear of kama. Shameful penance by sandhya means spiritual practices performed by spiritual people for a long time in the sandhya. It was needed because they had pursued sex, not pure love. Pure love is itself austerity. Three boons were sought by Sandhya, which were fulfilled by Shiva. The first boon, as soon as one is born, there is no sexual desire in a living being, it means that the children born in that house, where the Sandhya Vandana or meditation is performed, have a high level of spiritual sanskaras or ethics. Kundalini is formed in them from birth itself. That Kundalini keeps them away from sex. Or rather say that their Kundalini keeps on transforming sex feelings into love feelings. In fact, as soon as Sandhya was born, Brahma and his sons became attached to her due to the influence of Kamadeva. Sandhya time is very short. It has no existence of its own. It is formed by the combination of two types of opposite times. So there is no question of it becoming big and young, because it starts to dissolve as soon as it is born. The second boon that no one in my family should be enamored, this also means that of course the members of the households of the people performing the sandhya worship should show sexual desire for some reason, but they do not become sensual, that means by coming

under the influence of Kamadeva they don't become attached. The third boon that all the women of my family should be virtuous, it means that those who do Sandhya Vandana, their Kundalini becomes very developed and strong. Due to this Kundalini, men are able to keep their wives completely satisfied. It is scientifically and technically true that sexual satisfaction and complete control over sexual activities is obtained through Kundalini only. Shiva also gave a boon to Sandhya that whoever looks at her with lust will become impotent and his power will be destroyed. This also means that one who enjoys the pleasures in the sandhya with attachment or without Kundalini, he will increase the darkness of his soul by falling into the illusion of ignorance. It is the Rati or affection towards Kundalini that controls the sense of lust or attachment. The word Sandhya here seems to refer to all such times, when a man is balanced, his Ida and Pingala Nadi run equally, the Kundalini of the mind is strengthened, and there is deep peace in the mind.

### **Love and kama or lust keep on increasing each other**

By having love everywhere, the kama increases. That kama together with the life partner enhances itself to peak along with the love further. Tantra Yogis continue to transform that sex-born love into Kundalini love. A tantra yogi has only one life partner or sex partner, so that his Kundalini can easily receive sexual love. The love of a man of lustful type gets divided among many sex partners, so that Kundalini is not able to get it. That is why it is said that Ekapatni Vrat or single wifedom is the biggest austerity. Moreover, it's sexual energy that's sought for kundalini, not the physical charm. Rather extra bodily charm can distract one away from actual source of energy.

### **Kundalini is the real savior or protector of man**

Controlling the lustful Brahma by Shiva at the sandhya means that the man is saved by Kundalini at that time. Shiva is the symbol of Kundalini here. Anyway, Kundalini prevents man from doing bad deeds. Even if a wrong deed is done unknowingly or under great compulsion, then Kundalini also makes atonement or repentance done for it. It is said in Shiv Puran that it is necessary for everyone to meditate on Shiva. So it is natural that even Brahma used to meditate on Shiva.

With this Shiva became his Kundalini, and in the Kundalini form he appeared boldly in his mind to stop him from doing wrong.

### **Shiva Puran is a Tantra Purana**

All the things and stories in Shiv Puran are related to Tantra. It is a different matter that most people do not understand them, because they are in the form of metaphors. This was done to prevent misuse of Tantra. The Puranas are derived from the Vedas. This means that the oldest original source of Tantra is the Vedas. Although practical tantra with manuals appears publicly only in Buddhists. It is not that the meditative practice of Tantra has disappeared among the Hindus. It is still prevalent among Hindus, but it is kept very secret, due to which common people do not know about it. Even among Buddhists it was kept hidden. But seeing today's dying planet, hiding any revitalizing knowledge would be bad for humanity, they have understood this.

### **Experiential evidence of the above principles related to kama and love**

Friends, I loved many people deeply. But I lived my life in moderation. Now what to brag more, but if someone benefits from it, then there is nothing bad in it. As I mentioned in this post, it all happened to me. All this is my own experiential description, no one that's taught. In the midst of these experiences was my momentary enlightenment and Kundalini awakening, which is described on the homepage. Of course these were only few moments of experience, but something is better than nothing. And anyway, more important than the momentary experience of self-awareness is the life routine full of self awareness.

**Kundalini is in the form of the best guru and Bindu, which becomes very strong with the sarvalingamaya body and Kumbhaka pranayam**

Friends, got one more proof of the correctness of the statement of my previous post. It is in the very next chapter of Shivpuran that after being consumed in the fire, a woman named Sandhya entered the solar system. There it broke into two pieces. The upper part made up the morning Sandhya or dawn, and the lower part made the evening Sandhya or dusk. Then it is written that the time of day between night and sunrise is morning sandhya, and the time between sunset and night is evening sandhya. I had also written in the previous post that Kundalini keeps away from lust. In this post I will explain how Kundalini does this.

**Kundalini attracts sexual energy**

Kundalini draws the energy of the body. I added the word sexual because this energy is most effective in the body. It acts like a magnet. If you meditate on Kundalini on any chakra, then the life energy itself will start moving in the channel loop, and will strengthen the Kundalini. Many people revolve the prana energy first, many people meditate on Kundalini first on the chakra. The conclusion of both is the same.

**By giving sexual gloss to Kundalini, Kundalini becomes alive**

Veerya tej or Semen gloss lives in the Muladhara Chakra. Tej means brightness and sharpness. It is just like mercury. That is why the Shivling of mercury is very powerful. In a previous post I told how my Kundalini shone by meditating near a Parad Shivling.

**what is Bindu and bindu chakra**

The bindu is name given to the drop of semen. The literal meaning of bindu is also drop. You can call bindu as slang name for semen. The Bindu chakra is located between the Sahasrara and Ajna chakras, little above the middle of the forehead to the back. It is called Bindu Chakra because it receives maximum distilled seminal power. Brahmins tie their braids here.

**The Jyotirlinga's light is from the bindu of Shiva**

Twelve Jyotirlingas are famous among Hindus. These indicate the twelve chakras of the body. There are actually 12

chakras. The eighth chakra is the bindu chakra. The ninth, tenth, eleventh and twelfth chakras are located on the top of the head at a little height above each other. These Jyotirlingas are built at different places of the country as its chakras. In fact, the country also acts like a body. Its full detail is in the book Physiology philosophy or shareervigyan darshan in Hindi. The flame at these places symbolizes the brilliance of the bindu. That bindu originates from the linga of Shiva. That's why their name is Jyotirlinga. Bindu has associated the Shivlingam with the Shiva Chakras. In a way, it can be said that the linga is established on all the chakras. This is called the omnipotent body or sarvalingamaya body. There is also a sarvalinga stotra. It contains the names of countless famous Shivling places located in the country. It gives an indication about the spread of the bindu's brightness throughout the body.

### **Bindu Teja should not be implanted on the Chakra Kundalini by holding the breath**

During the meditation of Bindu Tej, the breath starts moving very fast. Blood pressure also increases. At that time there is probably some intense physical and mental activity going on. Mental activity is visible in the form of the brightness of Kundalini. It is just like it happens during bindu-fall. The heartbeat also increases at that time. This exercise should not be done by holding the breath. Holding your breath can weaken the heart. It is as if one tries to hold the breath at the time of a bindu fall in reproductive organ. This can lead to a feeling of suffocation and severe fatigue. Therefore, after holding the breath and meditating on a chakra, when the breath becomes normal, only then can you relax and meditate on the implantation of the bindu radiance on the chakra Kundalini coming up from lower organs through back channel. Heart patients, breathing patients, high blood pressure patients should also not do this exercise. If you do, do less, do so with caution and advice. The simplest and safest way of Kundalini contemplation is the contemplation of Advaita or nonduality.

### **The bindu is Kundalini-form**

The bindu and the mind are intertwined. The nature of both is bright and powerful. Only when the bindu is active, then beautiful and bright thoughts come to the mind. It is because



of this bindu-activity that creatures are attracted towards reproduction. Kundalini is also a main part of the same mind. Hence she also receives power from the bindu. In fact, the highest peak of the mind is Kundalini awakening. That is why it is said in a nutshell that a creature performs all the activities, mainly Kamadeva related activities of lust, only for the awakening of Kundalini. **Kundalini is a mental picture, which is in a way a representative or sample piece of the whole mind.** A mental picture does not mean that it is a still picture. If there is a mental picture of Shiva's form, it can also walk with Parvati, dance the Tandava, do sadhana in the crematorium, and whatever else. It is being called representative because, by subduing it, the whole mind is under control, and by achieving it completely, the whole mind, or rather, everything is achieved. **Everything is in the mind.** By attaining it completely, everything is achieved. Kundalini awakening or as it is called full samadhi, this is the total attainment of Kundalini or mind. You will not find such a beautiful, practical, scientific and experiential definition of Kundalini anywhere. Whether you try to find in any book or on other platforms. I didn't get either. That's why I kept on doing Kundalini sadhna only after guessing. When Kundalini awakening happened, then I came to know. Knowing about Patanjali's meditation and samadhi, practiced about it. But I did not find anywhere about Kundalini. It was kept a secret, and there were so many words about it, as many there were mouths. Then I came to know that Kundalini awakening and complete samadhi are one and the same thing. **The Kundalini is the one, on which Patanjali has asked to meditate,** saying it as the picture of any deity or guru or beloved or the picture of any favorite object. In the olden days it was customary to keep it a secret, so that it would not be misused. Today it is a free society. This inspired the creation of this **dedicated Kundalini website.** This shows the extent to which there is confusion, as I had before.

### **Linga sensation on the chakras**

This feeling occurs when a man has worked hard and heavy, and he has taken a lot of yoga breaths with the belly. Not everything gets done just by breathing with the stomach. Along with that, one has to also meditate that prana is going down with the air while inhaling, and the pit which is formed

on the back navel chakra due to the expansion of the stomach forward, is pulling apana up from the bottom. This causes the prana and apana to collide on the Manipura chakra, and there with contraction produces sensation. I have told about the collision of Pran-Apan in a previous post. One should not pay attention to the outgoing breaths, as this weakens the collision of Prana-Apan. **That sensation and contraction, then ascending through the back to the brain, refreshes all the chakras.** She then descends through the front to refresh the front chakras, especially the chakras below. This leads to a deep breath in with a feeling of freshness, and then the breaths become calm. If you inhale like an empty bellows, it will only increase fatigue. Of course the benefit will be there, but it will be less. Anyway, the breath goes according to the situation. **A man himself keeps on learning by making mistakes.** It is better than to do nothing to keep making mistakes, but the mistake should not be harmful. But many times, when the heavy breathing does not stop, the man goes to the emergency hospital section out of fear that the oxygen level is going down due to the failure of his lungs. Same happened with me once. In fact it is caused by some stress and by breathing like a bellows. It seems that there is no satisfaction with the breath. Wherever Kundalini appears, if you meditate on the energy loop along with its meditation, then as soon as the Kundalini starts moving in the loop, the energy circulation in the loop increases. **Energy moves with Kundalini.** Energy should be kept moving in the loop. In fact, **in most cases, fatigue is not caused by a lack of oxygen, but by the accumulation of vital energy on a chakra.** This is also called the **block of the chakra.** Even a good deep breath is enough to channelize that prana energy into the loop channel. Let me tell you one more thing. We yawn only to relocate and give movement to the prana energy. That is why by yawning, there is a feeling of getting rid of fatigue. That's why I say that one should go deep into every fact. Understanding half-heartedly from surface can lead to loss instead of profit. That is the purpose of this Kundalini dedicated website. There is also a condition for the experience of chakra-linga that one's daily Kundalini yoga practice should be continued continuously. This feeling is

enhanced if it is accompanied by bindu protection along with joyful rhetoric. By doing this after 4-5 days of rest, the possibility of this omnipotent feeling is more. There is a sharp and joyful feeling on the chakras mainly the navel chakra, anahata chakra and vishuddhi chakra. It seems like a delightfully sharp contraction on the chakra. It is as if bindu fall is going on the chakras. In fact, chakras are not a physical structure. These are the places in the body where the energy condenses, and a blissful sensation manifests. You can call the chakras the gathering places of energy. Anyway, the whole game is about sensation. Sensation can be transferred by cultivation, and sensation can be created at any chakra. The more force of the prana and apana clash with each other, the stronger their combination will be. The more they meet each other, the more Kundalini benefits will be received. Prana is the symbol of sattva and apana is the symbol of tamoguna. These two Basic qualities or gunas also want to be mixed in the same way. It was a few years back. I had to stay with some VIP people for 1-2 days. I didn't want it from my heart, because they were too much to eat and drink. But there was compulsion. However, I do not mind the limited and controlled use of such things. I had to sit with them while they had dinner. They were intoxicated by eating nonveg and drinking in huge quantity. At that time as if their hidden third eye had opened. They could easily read even the tiniest expressions of my face. They grabbed my extinguished mind. I feel, they even considered minor things from me against them. At that time, they did not say anything while being intoxicated, but they kept that's mental tease for enough time ahead. In fact, due to intoxication and non-veg, a lot of tamoguna engulfs a person. In such a situation, he has to give the same amount of goodness from outside. When Tamoguna and Satoguna meet together within him, he experiences immense joy and spiritual progress, and becomes a forever admirer of the one who bestows Satoguna. Even a man of Satoguna gets this benefit, because he receives Tamoguna from Tamoguni. That is, each other's gunas are mutually beneficial to both types of people. That is why there was **caste system in Hindu society**. There the quality of Brahmin was Satoguna, Kshatriya had Rajoguna, Vaishya had mixed quality and Shudra had Tamoguna. Today

man keeps on changing his qualities. Sometimes Satoguna, sometimes Rajoguna and sometimes Tamoguna takes hold as per the requirement. So there is doubt about the real quality of everyone. Due to this, quality reconciliation is not done well, due to which spiritual progress is less. One point coming in mind. I feel that **guna milan or quality matching of man and woman as done before Hindu marriages** is the same thing. If gunaah of both are able to intermix with each other, a delightful married life ensues, otherwise guna clashes cause disturbed married life. This virtue can be bestowed by being submissive, loving, by showing graciousness, and by displaying all other divine qualities. Along with this there should also be a mental sense of generosity and dedication. There should not be arrogance and narrow mindedness or selfishness. On the contrary, with it the partner will become more angry. He will feel that he wants to keep his Satoguna confined to himself and does not want to mix it with my Tamogun. On the contrary, if Tama-guna expressions like depression, disinterest, hatred etc. are shown in front of him, then his Tama-guna will increase further. Due to this he himself can also go into severe depression. Along with those VIPs, other people who, even after eating and drinking, were acting falsely in front of them and were applying butter to them well, became favoured. This happened to me many times in college as well. This shows that the world runs well only by working together with love. Hindu mythological **Samudramanthan** is good example of this.

I was also having man and woman both balanced. Then man world bothered me. At last I shed away woman mind and gave a befitting reply. Result was my half gone. Incompleteness. After marriage I got my that lost half. I'm Happy. Don't worry. You can become complete alone or take help of others. Choice is yours. It's the same thing. Although **quality sharing** appears more efficient at first glance.

### **Kundalini is the best guru, who guides in yoga**

I never understood the bookish knowledge of Kumbhak Pranayama. I didn't even know the way **to hold breathing is called Kumbhaka**. It was Kundalini that forced me to hold breathing on the chakras, because it glowed very fast with

this. The joy was high. My mind became lighter and clearer. I have described this in a previous post, where I am giving it the name of the collision between prana and apana by holding the breath. Maybe that collision also has a literal name. I mean with this saying to do according to oneself. Then when I searched the name Kumbhak on Google, I got a lot of bookish knowledge on the first search page, but no one had their own practical experience. For example, it was written there that the breath should not be exhaled forcefully. I never thought so. Do we not exhale forcefully while running. Lungs are not that delicate either. There are many things in book knowledge, which can lead to confusion. It should not be surprising if one could not do Kumbhak due to the fear of getting harm with forceful exhale. Similarly, while meditating, I also move according to the need, so that it is easy to sit and meditate well on the Kundalini. In **bookish knowledge**, you have been asked to remain absolutely stable like a pillar. One may not be able to meditate because of not being still, thinking that without stillness there can be no meditation. There are many things that can cause confusion. Therefore it is necessary to write or say completely and clearly. Flexibility is essential in the case of yoga. Nevertheless, study does yield benefits, of whatever quality. It is better to have something than to be nothing. Today, after reading this so called superficial knowledge, I slowed down and deepened my breath while doing yoga, then I got a lot of benefit, of course, it took a little more time. The conclusion is that Kundalini continues to teach yoga on her own accord. The same inspires reading. Therefore, **if the true meaning of Kundalini is known, then more than half the journey of yoga is covered.** That is the basic purpose of this website.

## O my Mountain king Karol [a devotional song-poem]



The King Mountain Karol rising with the Sun {photo by Jaswinder kaur}

<b>O</b>	<b>My mountain</b>	<b>king</b>	<b>Karol</b>
<b>you</b>	<b>are</b>	<b>so</b>	<b>soul.</b>
<b>When</b>	<b>this</b>	<b>world</b>	<b>rejected</b>
<b>you</b>	<b>happily</b>		<b>adopted.</b>
<b>O</b>	<b>my</b>	<b>Mountain</b>	<b>king</b>
<b>you</b>	<b>are</b>	<b>so</b>	<b>soul.</b>
<b>When</b>	<b>this</b>	<b>world</b>	<b>rejected</b>
<b>you</b>	<b>happily</b>		<b>adopted.</b>
<b>O</b>	<b>my</b>	<b>Mountain</b>	<b>king</b>
<b>you</b>	<b>are</b>	<b>so</b>	<b>soul.</b>
<b>O</b>	<b>my</b>	<b>Mountain</b>	<b>king</b>
<b>you</b>	<b>are</b>	<b>so</b>	<b>soul.</b>
<b>O</b>	<b>my</b>	<b>Mountain</b>	<b>king</b>

<b>Whenever</b>	<b>wake up</b>	<b>in</b>	<b>the</b>	<b>morning</b>
<b>you're</b>	<b>the</b>	<b>only</b>	<b>smiling</b>	<b>being.</b>
<b>Whenever</b>	<b>wake up</b>	<b>in</b>	<b>the</b>	<b>morning</b>

you're the only smiling being.  
 Hold up sun-lamp on your head  
 light up pretty world with red.  
 Hold up sun-lamp on your head  
 light up pretty world with red.  
 Offered the water for the sun  
 Offered the water for the sun  
 you took bath with sun my dad.  
 O my Mountain king Karol  
 you are so wonderful soul.  
 When this world rejected  
 you happily adopted.  
 O my Mountain king Karol  
 you are so wonderful soul.  
 When this world rejected  
 you happily adopted.  
 O my Mountain king Karol  
 you are so wonderful soul.  
 O my Mountain king Karol  
 you are so wonderful soul.  
 O my Mountain king Karol.

Whenever tired of big work load  
 lift up my big head off road.  
 Whenever tired of big work load  
 lift up my big head off road.  
 Seeing you steady 'n untired  
 I can't stop working on board.  
 Seeing you steady 'n untired  
 I can't stop working on board.  
 Holy spring of karmyoga  
 Holy spring of karmyoga  
 rush-flowing from you my lord.  
 O my Mountain king Karol  
 you are so wonderful soul.  
 When this world rejected  
 you happily adopted.  
 O my Mountain king Karol  
 you are so wonderful soul.  
 When this world rejected  
 you happily adopted.

O my Mountain king Karol  
 you are so wonderful soul.  
 O my Mountain king Karol  
 you are so wonderful soul.  
 O my Mountain king Karol.

All the relatids have gone changed  
 whole world too has been estranged.  
 All the relatids have gone changed  
 whole world too has been estranged.  
 Screened the whole circle of friends  
 time enslaved them in his hands.  
 Screened the whole circle of friends  
 time enslaved them in his hands.  
 Happy to have a friend like you  
 Happy to have a friend like you  
 mind-sweet in the form of thou.  
 O my Mountain king Karol  
 you are so wonderful soul.  
 When this world rejected  
 you happily adopted.  
 O my Mountain king Karol  
 you are so wonderful soul.  
 When this world rejected  
 you happily adopted.  
 O my Mountain king Karol  
 you are so wonderful soul.  
 O my Mountain king Karol  
 you are so wonderful soul.  
 O my Mountain king Karol.

Hold up seat at top abodes  
 you're the deity of all gods.  
 Hold up seat at top abodes  
 you'r the deity of all gods.  
 Rise up from the muladhar root  
 thrilled on the sahasrar nodes.  
 Rise up from the muladhar root  
 thrilled on the sahasrar nodes.  
 All the gods together with you  
 All the gods together with you



made	just	cute	one	looks	like	thou.
O	my	Mountain		king		Karol
you	are	so		wonderful		soul.
When		this		world		rejected
you		happily				adopted.
O	my	Mountain		king		Karol
you	are	so		wonderful		soul.
When		this		world		rejected
you		happily				adopted.
O	my	Mountain		king		Karol
you	are	so		wonderful		soul.
O	my	Mountain		king		Karol
you	are	so		wonderful		soul.
O	my	Mountain		king		Karol.

Hairy		herbs		are inside		thou
snake		peacock	'n	human		crow.
Hairy		herbs		are inside		thou
snake		peacock	'n	human		crow.
Ganges		streams		and		Water-fall
third	eye	the		grue-some		pit-fall .
Ganges		streams		and		Water-fall
third	eye	the		grue-some		pit-fall.

Pretty	look	has	crown	of	moon
draws	always	this	my	mind	soon.
Pretty	look	has	crown	of	moon
draws	always	this	my	mind	soon.
Sub-mountain		up	to	the	base
Nandi	bull	being	ready	for	race.
Sub-mountain		up	to	the	base
Nandi	bull	being	ready	for	race.

Lightening		looks	Gaura	on	you
thundering		glistening	beats		damru.
Lightening		looks	Gaura	on	you
thundering		glistening	beats		damru.
Thys	terrain		with	thunder-storms	
looks	Natarajan		dancing	norms.	
Thys	terrain		with	thunder-storms	
looks	Natarajan		dancing	norms.	

<b>Tiger</b>	<b>skin</b>	<b>cloth</b>	<b>cloud</b>	<b>flower</b>
<b>mist</b>	<b>being</b>	<b>as</b>	<b>pyre</b>	<b>shower.</b>
<b>Tiger</b>	<b>skin</b>	<b>cloth</b>	<b>cloud</b>	<b>flower</b>
<b>mist</b>	<b>being</b>	<b>as</b>	<b>pyre</b>	<b>flower.</b>
<b>Ganpat</b>	<b>god</b>	<b>rained</b>	<b>with</b>	<b>reasons</b>
<b>tridents</b>	<b>mixture</b>	<b>of</b>	<b>seasons.</b>	
<b>Ganpat</b>	<b>god</b>	<b>rained</b>	<b>with</b>	<b>reasons</b>
<b>tridents</b>	<b>mixture</b>	<b>of</b>	<b>seasons.</b>	

<b>Thys</b>	<b>mind-pleasing</b>	<b>look</b>	<b>with</b>	<b>norm</b>
<b>Thys</b>	<b>mind-pleasing</b>	<b>look</b>	<b>with</b>	<b>norm</b>
<b>matches</b>	<b>just</b>	<b>one</b>	<b>that's</b>	<b>Shiva</b>
<b>O</b>	<b>my</b>	<b>Mountain</b>	<b>king</b>	<b>Karol</b>
<b>you</b>	<b>are</b>	<b>so</b>	<b>wonderful</b>	<b>soul.</b>
<b>When</b>	<b>this</b>	<b>world</b>		<b>rejected</b>
<b>you</b>	<b>happily</b>			<b>adopted.</b>
<b>O</b>	<b>my</b>	<b>Mountain</b>	<b>king</b>	<b>Karol</b>
<b>you</b>	<b>are</b>	<b>so</b>	<b>wonderful</b>	<b>soul.</b>
<b>When</b>	<b>this</b>	<b>world</b>		<b>rejected</b>
<b>you</b>	<b>happily</b>			<b>adopted.</b>
<b>O</b>	<b>my</b>	<b>Mountain</b>	<b>king</b>	<b>Karol</b>
<b>you</b>	<b>are</b>	<b>so</b>	<b>wonderful</b>	<b>soul.</b>
<b>O</b>	<b>my</b>	<b>Mountain</b>	<b>king</b>	<b>Karol</b>
<b>you</b>	<b>are</b>	<b>so</b>	<b>wonderful</b>	<b>soul.</b>
<b>O</b>	<b>my</b>	<b>Mountain</b>	<b>king</b>	<b>Karol.</b>

**-Hridayesh Balabishm**

## **Kundalini or dhyana-bindu requires scientific thinking, deep exploration, practice, patience, loving contacts, study-discussions, and guru-gods-great men-incarnations and their mental images formed in the mind**

Friends, I had said in the previous post that how to breathe. Let's continue this a little more. It's been almost four years since I've been doing yoga consistently and dedicatedly. Even before that, I have been doing light yoga everyday for about 15 years. Now I feel that I have learned to breathe. Well, I'm still learning. Learning never ends. It is easy to say that breathing is called yoga. But it requires long practice. Now I have understood why after inhaling it is asked to stop the breath for some time. At first I thought it was useless work. In fact, when there is a collision between prana and apana due to breathing, then it takes some time for that conflict to reach its peak. At that time, there is also the contemplation of conflict along with it, then you get more benefits. Due to this, the Kundalini energy starts moving in the energy loop by climbing up and down with a powerful shock. It refreshes instantly. Similarly, inhale slowly and for a long time, so that prana and apana mix well. Breathe out slowly too, because it takes time for the Kundalini energy to descend. Kundalini moves along with material substances in the physical bodily channels. Therefore, it will take time for the flow of nadis to reach from one place to another. Similarly, after exhaling completely, hold the breath for as long as possible. Due to this, the Kundalini descends completely and gets deposited on the Swadhishtana chakra, and as soon as the Mooladhara is constricted up, it descends down to the Mooladhara and ascends from the back to the Sahasrara. From there it descends with prana almost to the heart chakra while inhaling. There she collides with the apana coming from below and starts shining brightly. Then when the chest and abdomen descend while exhaling, it also descends and reaches the Swadhishtana Chakra. Again the same previous process repeats. In this way, like an automatic machine, this kundalini cycle continues, and the man remains engrossed in bliss. By touching the inverted tongue with the soft palate, the flow becomes better. Watching the abdomen and chest move up and down helps in meditation. Many

people keep moving the Kundalini between the navel and the mooladhara. Many times there are such situations or such body postures, in which the breath moves from the chest instead of the stomach. At that time the chest expands on inhalation, which pulls the Kundalini mixed apana up from below. With the inhaling breath, Kundalini mixed prana descends from top to bottom to the chest. There the Kundalini becomes more pronounced by the clash of the two in the chest, and at the same time the stress caused by fatigue etc. also goes away. Similarly, many times the inhalation causes both the chest and the stomach to swell forward simultaneously. This also creates a good stretch on the Kundalini energy.

**Kundalini rises up through the sushumna itself, although other nadis also contribute to it**

When the Kundalini energy rises up from my back, I do not stop it, be it at any nadi or place. Actually the central line of the back is the Sushumna Nadi. It is also connected to the other two main corner lines or nadis of the back. Take any other channel line or point, it is connected to all. In fact all the nadis are connected with each other like a net of nadis. That's when I feel Kundalini energy anywhere in my back, I don't stop that experience. Only with this I keep a peek at the front Ajna chakra and Mooladhara constriction. By doing this, the Kundalini slowly slips and comes into the Sushumna, and goes up to the Sahasrar and goes down from there and then starts moving in a loop. Just keep such attention. What happens many times is that if the Kundalini energy is on the left side in the back or head, then by doing the above meditation it first moves to the right, then balances and fits into the middle sushumna. However, this lasts only for a short time, because the velocity of energy keeps on decreasing rapidly. It should not be confused with Kundalini awakening. This is a simple movement of energy, although a similar phenomenon occurs in awakening, but it is at its peak. The movement of such energy goes on in everyone. But not everyone recognizes it, nor pays attention to it. That's how a man stays alive. Probably Pranavidya can also make alive a dead creature with the flow of this prana. I had heard from an old friend that at the Kumbh Mela in Allahabad, he had seen a tantric yogi bring a dead bird alive

with pranavidya. Its truth is not known, but there are many stories related to it in Hindu Puranas. Sanjeevani Vidya may also have been the same prana science, through which the demon guru Shukracharya used to bring alive the demons who died in the war fought with the gods. There is definitely some scientific fact in the basis of such allegorical stories. These are made to attract people towards yoga. But many people start denying science and yoga by taking its opposite meaning. Similarly yawning is also a flow of energy. Only then does the fatigue go away with it. How does a man help the Kundalini energy reach the brain by raising the hands, straightening the back and neck, making a pit in the line of the navel, opening the mouth, closing the eyes, constricting the front ajna chakra point. The difference is that the yogi goes deep into what it is, how it happened, why it happened and how can it become more so that benefit can be obtained. Even before Newton, many people had seen an apple falling from the tree, but only Newton went deep into it. Common man leaves it as simple. A yogi is also a scientist, especially a psychologist. Yawning is a wonderful gift of refreshing from nature.

**At the time of confluence both the components that mix together need to be taken care of along with the process of confluence**

In the previous post I was talking about confluence times and places like Sandhya etc. One has to pay attention to them in the same way as there is paid at time of the confluence of prana and apana, then only benefit is received. In this way, the rooster gets up before the morning sandhyas time, why does that not get the benefit of the confluence. Because there is no his faith in confluence. If a man does not understand the technical aspect, then at least he must have faith. In fact, in the state of meditation on the dim natural light of the dusk or dawn, attention should also be kept on the full brightness of the day and the complete darkness of the night, only then there will be a collision of day and night, and mixed together with the glow of Kundalini, bliss is created. Similarly, there are many frogs and fish living in the water of the confluence of Allahabad, they are not liberated. The same thing happens there too. It is not only about confluence only but also about every religious ritual. This

shows how important the knowledge of the scientific and technical aspect of religion is. It is the job of this website to find that knowledge.

### **Yoga itself teaches yoga better**

I got some new practical experiences this week about yoga-asanas. They were there earlier too, but were not so clear. Earlier I used to take quick and shallow breaths. This time I took air deeply and slowly like pranayama. In a way, Pranayama also started happening with asanas. Two benefits at once. Earlier I used to take short, quick and shallow breaths 20-30 times in a pose. But now I was able to take it only 2-3 times. There was such a difference. Yoga teaches itself over time. So keep doing it as it feels right. Although I read somewhere in the blog that yoga guru Iyengar used to teach yoga asanas together with meditative pranayama. Now the whole truth has been revealed. Still have to be careful. Don't exceed your happy tolerance limit of breath holding. Most of my time is spent in yoga practice. It is also necessary for me. I can't be healthy without it. I have ankylosing spondylitis, an autoimmune disease. In this, the man should always be in action. To avoid jamming the joints of the body, especially the joints of the chest and back, and to overcome fatigue, regular exercise should be done. Kundalini meditation, pranayama are beneficial to prevent depression, and other mental defects. This is its main treatment. Because of this, I was able to learn a little yoga. Any excuse is good to persuade the mind.

### **Kundalini, Karmayoga and Vigyan or science are related to each other in an intimate relationship**

People often say that spirituality is not a subject of science. I say that it's absolutely necessary. Till Kundalini awakening, it is too much, but even after that it is enough necessary. After Kundalini awakening, individual science is replaced by universal or cosmic science. Due to this, one starts getting favorable conditions unintentionally, and itself starts getting good for him. This happens because of the divine power of Kundalini. However, it also has its limitations and constraints. This eases the burden of personal science a bit. To receive Kundalini and to keep it active, karma yoga is needed. The better the Karma Yoga, the greater the quality and specialty of the work. It is science that gives quality, specialty and

highness to actions. That's why spirituality and science go well together. I used to be a freak of science myself. Where no one imagined science, I would fit science in there too. My teachers used to tell me jokingly that friend, you fight science everywhere. Because science is necessary for Kundalini, that is why people of science-oriented, especially in modern type of civilization, people are more Kundalini curious. But most of them understand only the science of external yoga related to health. They underestimate the science of meditation. All the scientists can become great Kundalini yogis if a small part of the mind and energy they devote to the outer sciences, devote to the inner sciences. But now slowly we are understanding Kundalini science as psychology. That is why there is no satisfactory translation of dhyana in international language. The word meditation or concentration has to work. Actually meditation is a method of facilitating dhyana, not real dhyana. Similarly, concentration means focusing the mind on material objects and for a short time, not on a single mental kundalini as a single mental picture for too long or the whole life. Therefore, the most important word dhyana should be included in the dictionary of it. Only one Sanskrit word 'Dhyana' encompasses all yoga. If it is, then it is yoga. If it is not there, then there is no yoga. Dhyana and Kundalini are synonymous to each other in a sense. The rest of the things in yoga are only auxiliary to dhyana. I was reading in a blog around the first World Yoga Day in which a materialistic gentleman was proudly saying that the materialistic people of today, especially those of the modern type of civilization, would be confined to the external parts of yoga. They will not go to the depths of dhyana. So now I think how will there Kundalini awakening then happen. It cannot happen without dhyana. In the lot, rare people get dhyana itself by natural coincidence. But to achieve massive awakening, one has to do dhyana artificially. The well does not go to the thirsty, the thirsty has to go to the well. If a thirsty man does not go to the well, then the life of the man is in danger, nothing will happen to the well. Similarly, if people do not adopt dhyana, then there is a loss to people, not to dhyana. Therefore, the lifestyle itself has to be made meditative or dhyana like. Such was the lifestyle in the

ancient Vedic tradition. It may seem that such a lifestyle is strange, but it is also the truth. Truth cannot be denied.

**By considering Kundalini as a bindu, its meditation becomes easy**

In the previous post I had described the bindu as Kundalini form. Kundalini is meditated in the form of a drop or bindu of transmuted sexual essence, so that the power of the bindu located in the Muladhara region continues to reach the Kundalini. It is felt that the Kundalini has been connected to the main bindu source located on the Muladhara area through a Nadi, no matter where the Kundalini may be. It seems that the bindu energy is strengthening the ascending Kundalini. This is also called distilled sexual energy. While doing this bindu meditation for a while, the lust with genial sensation is lost and get used up to strengthen Kundalini. Although the power of the bindu reaches the whole brain, but the Kundalini itself is considered as the bindu during meditation so that the Kundalini picture remains most effective, and other thoughts are suppressed before it. Bindu is a fluid substance, so it has good flow. It also increases the flow of Kundalini. Together I was telling that if the true meaning of Kundalini is understood, then more than half of the journey of Yoga is covered. A rare person who is lucky enough to have good and purposeful love contacts gets a Kundalini picture in his mind. Of course, it may bring profit in the world and give peace of mind, but it is very difficult to awaken it. Sometimes the long appearance and sudden disappearance of a strong image of a sexual lover in mind can lead to direct enlightenment without Kundalini awakening. But this happens in very rare cases. To awaken, one has to regularly meditate on the image of a favorite and imaginary deity, aged and qualified Guru etc. It is easy, because their apparent physical form is not present, so it does not interfere with mental meditation. Many left-handed tantrics take the help of sex partners to strengthen their image in their mind. Some get this support on their own due to good deeds of past lives. The love contacts of worldliness inculcate the habit of keeping people's pictures in mind, which makes it easier for him to meditate on Kundalini while doing yoga. It is the same as if we are doing Kundalini meditation on the Anahata chakra by holding our breath, we



do not stop the thoughts of the mind, but with its meditation we also meditate on the Muladhara chakra. Due to this, the power of the mind descends itself and starts shining in the form of Kundalini on the Anahata Chakra. By placing the hand on the heart, it becomes easier to meditate on the Kundalini, and in Siddhasana from the heel of the foot pressing up the Muladhara Chakra. Similarly, while meditating on each chakra, it can be made easier by placing a hand or fingers there.

### **Universal Authenticity of Patanjali Yoga Sutras**

I had no selfish motive behind finding Kundalini. I didn't even feel the need for it, because I was already living an awakened life of non-dualism with great joy. It happened that by chance I got some extra time. I was a hard worker, always doing something or the other. In that spare time I started reading about spirituality. I understood Patanjali Yoga, but with a more natural form of love affairs. I could not understand how by artificial yoga practice a strong picture of someone could be made in the mind. In love, it becomes itself. So I read more yoga books, discussed on online yoga forums, and continued to practice yoga along with. For once I was disappointed and started questioning the authenticity of the Patanjali Yoga Sutras. Then on forum, an old gentleman of Indian origin in America interrupted me a bit angrily, "How can you say that? People have been taking advantage of that book for hundreds of years. You shouldn't say that". I defended myself by giving a false explanation that I did not doubt Patanjali, but I was referring to those who misinterpret the Patanjali Yoga Sutras. This made him satisfied. Perhaps this discussion also helped me get to the bottom of this book. I also read Tantra's books, and took their help too. Still I was happy. Even if you know about Kundalini, it is fine, and so even if you do not know it. But the hard work paid off, and it was revealed. Of course I couldn't bear it for long. If I could bear it, I might not have been able to tell you anything. Everything is part of a divine plan. Then I came to know that in Patanjali Yoga Sutras, it is completely correct. Although it is practically difficult for the layman to understand. So let me help you a little bit. It was also discovered that bookish knowledge about yoga spreads more in the general society,

not the practice of yoga. But much of yoga is practical yoga practice.

### **Kundalini awakening should be the main goal, not energy awakening or sushumna awakening**

I think the Kundalini awakening that most people claim is actually energy awakening or sushumna awakening. That is why they describe Kundalini less, and more about energy. Kundalini awakening can happen even without sushumna awakening. Although the energy ascends through the sushumna, it remains in the background, not in the experience. The river of energy that flows from Mooladhara to Sahasrar at once and that comes in their experience, that is the awakening of Sushumna. When so much energy will come together in the brain, then some or the other picture will flash there with sparkle. A similar picture flashed in my mind once, when I had a momentary awakening of Sushumna. I have described it in detail in an old post. That picture was of a local temple. It was a very alive picture, but not like awakening. Then the Kundalini picture also shone, but that too was not as much as that's while awakening. While awakening, one feels himself fully merged with the image along with profound bliss and nonduality. Most people do more of energy sadhana, and less of Kundalini sadhana. Although these two are related to each other, but the main goal should be Kundalini. Kundalini is that human picture, which always accompanies like a true friend. It gives company not only in this world but also in the hereafter, because it is subtle, whose reach is everywhere. This is what promotes love and humanity. Have you ever seen a river of luminous energy, pictures and strange designs of light comforting someone by becoming a friend? Such light experiences without the mind's full association with any human form are symptoms of energy awakening or channel awakening or sushumna awakening. I feel that there are rare cases of experience of direct and complete merger or complete samadhi with these things, and there appears no immediate benefit with incomplete merger. Yes, it is definite that it helps a lot in Kundalini sadhana, if anyone wants to take help. Although, there is complete merger indirectly with associated objects in every awakening due to nonduality, but the main and primary object of merger that's preferred is

human form, out of this best being the god form and second to it the guru form. In sudden enlightenment without artificial meditation efforts also, primary merger of soul with associated objects whatever flow in mind while awakening is there. If that enlightenment happened due to help of any individual may be love related, then that one grows in his mind as kundalini later on itself, giving all benefits of Kundalini meditation. However, this type of sudden awakening without self efforts as with Shaktipat appears less powerful and less stable. Actually, associated objects are not the main goals. The main goal is the human form of Kundalini. Because man's true companion is man, therefore the deity in human form is made Kundalini in most cases. A qualified guru or a great man or avatars like Krishna can also be made as a Kundalini. A particular sect has a particular deity because the collective meditation of the same deity gives strength to each other. Such as Shaivism, Shakta Sampradaya or sect, social groups worshiping god Ganapati etc. In Raj yoga, there are no chakras and energy channels attended much. Only Kundalini dhyana is done in mind. There in also, Kundalini awakening and Kundalini activation happen similarly. That is why it became very important to describe Kundalini in detail. Seeing this need, this website came to the world.

**Kundalini is like engine fuel and energy is like ignition from spark plug that produce awakening blast and these are assisted by dhyana, Shivbindu, human form Deity, Shivling, Jyotirlinga, Breath hold, Brain Pressure, Self-learning, Positive Thinking, Relentless Practice, Selflessness, Perseverance, Patience, and systematic approach**

Friends, in the previous post I was talking about Kundalini awakening and the merger that's felt during it. That merger should start with the Kundalini. This means that one must first feel one's complete merger with the Kundalini, with complete bliss and non-duality. With Advaita born from that, one will then feel his merger with all things. This happens so rapidly, so appears together in real time. Although this association with all things would be secondary, the primary would be with Kundalini only. Only then will the Kundalini picture of mind become the most important, and it will remain active permanently. This means that you should keep on doing energy sadhna/chakra sadhna/nadi sadhna, because these sadhnas will be useful for Kundalini when the time comes. But try to awaken the human form of Kundalini, not energy. Energy awakens itself when time comes. Energy should follow the Kundalini, Kundalini should not be behind the energy. I tell my experience about this. I used to do energy meditation with Kundalini meditation every day. One day, as soon as I got a good opportunity, all of a sudden I got very strong remembrance of Kundalini, and I started getting lost in it. Then my energy also climbed up through the back from the muladhara to support the Kundalini and reached the brain. I felt so because my muladhar area became fully shrunken, although that energy climbed up so rapidly that I couldn't feel that. That's why I am anticipating the energy ascending through the back, because I had been doing a good practice of raising the Kundalini through the back adopting the Tantric method for almost a month. Also because at that time there was dancing and singing of women. Therefore, the energy of the muladhar chakra was stimulated. The energy stimulated through the sexual means rises up through the back. That energy then joined Kundalini in the brain, which led to Kundalini awakening. It means to say that Kundalini itself was going to be awakened. All she

needed was an additional supply of energy. It's as if the gas got into the engine, it just needed a spark from the spark plug to make it explode. If there is no spark, the engine would not explode. Similarly, if I had not been doing energy cultivation, the Kundalini would not have received energy, and would have returned from the brain without being awakened. Such an up-and-down cycle of Kundalini goes on inside everyone, most of the people just cannot give the spark of energy. It also happens with many that the river of energy reaches the brain, but there is no Kundalini there. With it, pictures flash in the mind with great clarity, but do not wake up. It is like that there is no gas in the engine, but sparks are continuously being produced. It will produce a small light of spark, but not as huge as a bang. That's why make Kundalini the main target, but keep on doing energy sadhna also. It is such that you have to create such a deep remembrance of Kundalini that you get lost in it for a few moments. This is Kundalini awakening. Understand that the memory of the guru or the deity has to be created so deep, as deep as a lover who is immersed in the love of his consort, feels for her itself without any efforts. But the remembrance of the guru or the deity will not arise in you so strong itself, because there is no sexual attraction there. So you have to resort to tantric techniques to create strong attraction like sexual attraction. For this the above mentioned energy practices will be useful for you. Then you will say that then why should not the sexual lover be made Kundalini. But it's not the best way. Firstly, it is impossible to awaken the sexual Kundalini because of sexually originated physical disorders. Secondly, no one would like the next birth to be that of a woman, because a woman has to face more difficulties than a man. As a man thinks, he can become so in the next life. It is a different matter that in today's scientific age, men and women are equal, even in many places, women are more upside than men. But such an era will not last forever. The age of scientific facilities like today seems to be just a negligible part of unlimited time. These facilities are also not available everywhere. These views are my own experiential views based on truth, there is nothing gender discrimination in it, and there should not be. This is personal blog, not for fame or money. Anyway, it is also visible in the

world and in Tantra sects also it is believed that woman can only help man in Kundalini awakening, she cannot awaken herself. If she gives this help, then in the next life she becomes a man and awakens. By the way, there have been many great tantric women in the Tantric sects, who have awakened their male companions, and they themselves have also been awakened. Cases of exceptions carrying out special efforts are found everywhere. Many yogis have meditated on the Mother Goddess. Yogi Ramakrishna Paramhansa was a worshiper of Maa Kali. In his meditation, Kali Mata was clearly visible in physical form. He used to play with her, talk to her. But there is a difference between an ordinary woman and a goddess. Perhaps that is why very little is said in the scriptures about making a woman a guru. Although woman assist man highly in awakening and to some extent vice versa. Well, change and variation are the laws of the world. Meditation or dhyana should be practiced in whatever way a person feels suitable. Along with it, it was said that the awakening which is attained by chance or by shaktipat etc. without self effort, is short and temporary. It does not give complete satisfaction. It feels like getting one more awakening. The Kundalini picture made from it also starts disappearing after a few years. However, such awakening motivates a man to attain full awakening. Due to this man starts practicing yoga.

### **Bindu power is redirected from mooladhar to sahasrara chakra**

Kundalini gets the power of the bindu itself from Muladhara. If someone feels insult of Kundalini by the name Bindu, then dhyana can be done by the name Shivbindu and Jyotirlinga or Shivling. This will not insult the Kundalini, and the man will also get the form of Shiva. Two benefits at once. Another great way is to name the contemplation of Advaita as Shivbindu. With this, as soon as Kundalini comes in the mind, she will get the power of the bindu immediately. Anyway, Shiva is the owner of this non-dual body. A man becomes the master of it by false arrogance. This fact has been scientifically proven in the book sharirvigyan Darshan. All the 12 chakras become the twelve Jyotirlingas of Shiva by the meditation of Shivbindu on the Kundalini chakras. In the word Jyotirlinga, Jyoti means the radiance of Kundalini. This is the

spiritual secret of the 12 Jyotirlingas. That is why it is said to keep constricting up the muladhara and give pressure from the heel of the foot in Siddhasana there. In fact, the Vajra Nadi, carrying the bindu power, climbs up the middle of the back through the Swadhisthana Chakra and the Muladhara Chakra. It starts with the genitals. I have described this in an old post, how that Kundalini Nadi is shown as a serpent holding a Kundali or coil, and how it stands up by opening its coil. Actually, Kundalini is not in the shape of a serpent, as many people understand. This is the nadi that carries Kundalini energy. The name Kundalini is so named because she is imprisoned in the nadi like a serpent with a coil. This is a Sanskrit word. That nerve channel becomes active by the pressure on the muladhara. It is clear from this that the power which has been told to reside in Muladhara is in bindu form only. That same bindu energy has to be taken up to Sahasrar for awakening. It can reach there by slowly awakening all the chakras on the way, and also straight. It depends on the type of yoga exercise. With simple practice, it gradually reaches the top, but with tantric practice, it goes very straight to Sahasrar directly bypassing all intermediate chakras. Only human can raise that bindu power, not other living beings. Because only human can practice yoga. At the same time, only human has a developed brain capable of withstanding the huge bindu power, not other living beings.

### **There are many benefits of holding your breath**

I was also discussing practically on yoga breaths in the previous post. In fact, the dragon which is shown breathing fire, it is a symbol of Kundalini fire. The kundalini from that breath that glows in the loop channel is depicted as mystical fire. The actual shape of man is also similar to that of a dragon. If we take the spinal cord and the brain, a serpent or dragon-like shape is formed. The true form of man is contained in the spinal cord and the brain. The other parts on the outside are just like the outer peels. I described this in an earlier post. I have not read this anywhere and not I have proof of special benefit of holding breath as described below. Holding the breath seems to increase the flexibility of the blood vessel walls. Because their muscles get stronger. It is also felt itself, when by holding the breath, there is a feeling of heaviness and stiffness in the vessels of the brain. But this

should be done with caution. Not too much or for too long. That is why in the asanas in which the stomach presses inside, one is asked to hold the breath by exhaling. Such as Shirshasana or head stand, Sarvangasana or shoulder stand, Halasana or plough pose, Naukasana or boat pose etc. In which the stomach expands to the outside, it is said to stop breathing after filling air in. Such as Shalabhasana or grasshopper pose, Makarasana or crocodile pose, Bhujangasana or snake pose etc. By the way, in a controlled state, by inhaling or exhaling the breath in any posture, you can hold it according to your interest. Special care has to be taken in Shirshasana, Sarvangasana and Halasana, because in them a lot of pressure is created in the brain. If holding the breath increases the flexibility of the blood vessels, especially during yoga, then it is obvious that it can provide some relief from stroke, and heart diseases. As long as research does not prove it, there is no harm in doing yoga by holding your breath believing so. Anyway, it has become clear from scientific experiments that by hold of breathing, the level of oxygen in the brain keeps changing. It simply means that the blood vessels keep on contracting and dilating. Obviously their shrinking would decrease the oxygen level, and expanding would increase. During Kundalini awakening, a lot of pressure is felt in the brain. It also prepares the blood vessels of the brain to bear that pressure. During feeling of head pressure, it seems that the vessels of the brain along the sides of the forehead are under pressure. In such postures in which the head is below the body, it seems more like this. Recently a relative of my boy died of brain hemorrhage. He was only 30 years old. Introverted, lovable, too dependent on family he was. He was less acquainted with others other than close family members. For a few days he had been suffering from slight pain in his head, and half an hour before he fainted with vomiting of blood, he was touching some vessel of the head and telling that he felt that the blood vessel of his brain was bloating. Touching by his mother with her hand did not feel like anything. So he asked him to sleep and rest. The doctors in the ICU told only 5% chance of his survival. His brain had become hard as a stone under the pressure of the flowing and compressed blood. He could survive in the ICU for only one and a half



days. He also got the Corona Vaccine, astrogenica based Covishield 5 days ago. The doctors said that he had developed too much immunity. No need to be afraid of it. Fearing this, vaccination should not be stopped until a better vaccine is found. Many lives have been saved by this. In comparison, the side effects are negligible. Yes, one should be prepared for every situation by being careful. If side effects occur, the doctor should be consulted. The chances of such life-threatening side effects are only in one digit number out of million. Now, it is new thing to hear that if by mistake injection goes intravenous instead of intramuscular route, then it can also lead to clot formations in the blood. I'm saying this because if by yoga, exercise, etc. he had the ability to withstand more swelling in the blood vessels of his brain, then there might have been no bleeding or there would have been less bleeding, or emergency treatment would have saved his life.

### **Bindu also means space as much as the tip of a pen**

It is called point in English. It is made by keeping the pen at one place and marking its ink. In the previous post I mentioned that Bindu means drop. But it also has another meaning point. Kundalini is also a small place of the mind of a truly unlimited field. If the article written on a page of paper or the whole book is taken as the mind, then the Kundalini will come in only one point. A single point gives information about the entire article, which pen is used, and which ink. It can even be known how the author's handwriting is. Similarly, a Kundalini gives an idea of the nature of the whole mind. Just as with the perfect knowledge of a point the whole article can be controlled, similarly by the perfect knowledge of a Kundalini the whole mind is controlled. I am giving this analogy by looking at the external resemblance between the two, not the inner one.

### **Yoga is not a matter of learning, it is a matter of practice**

Many people tell me to teach me yoga. What I have learned a little while doing since 20 years, how can I teach it to someone at once. Yoga is not really a discipline of a particular field, which can be taught immediately. It is an ideology, a philosophy of life, a lifestyle. This is a non dualistic thinking of the mind. You can also call it positive

thinking. You can choose any way you want to maintain and enhance that thinking. Multiple methods can also be used together. That's why it is necessary to create thinking first. He who does not have any thought, what will he keep of it, and what will increase of it. Thought is in the control of man. That is why nature has given free will to man. Yoga cannot force any thought. Yoga can be resorted to increase that thinking. He who has this thinking inside, does not need to be taught anything. Thought finds its own way. To make them think, I ask them to read the book Physiology Philosophy or sharirvigyan darshan. After that there is no message from their side. If the message had come, I would have told them that now to make this thinking firm, for a few years follow the path of Karmayoga with this thinking. You can also consider thinking as Kundalini, because both are thoughts of the mind. Then after a few years, when again his message came, I would tell him about Kundalini Yoga, I would suggest practical books about it, even if they were written by me. This is the real way to learn yoga. I have learned the same way. If someone wants to learn physical yoga like exercise, then today many tools are available everywhere, online as well as offline. Learning real yoga takes time, it can take a whole life.

### **Aryan civilization helping in kundalini meditation through idol worshipping rituals**

Looking at the customs of the ancient Aryan civilization, the great spiritual scientific thinking of that time is revealed. The deities like Shiva, Ganesha etc. were made absolutely permanent and immortal. Sculpture was at its peak. Such lively and attractive sculptures were made, in front of which real men would be ashamed. It was easier to meditate on the idols of God than a real man, guru or lover. For example, if the form of Shiva idol was awakened in one's mind, then he could never forget it. That is because that idol was specially saved and kept in the temple forever. Anyway, due to the presence of Shiva temples in every place of the country, the Kundalini in the form of Shiva was never forgotten. The real man has a limited life, but these idols have become eternal by joining the religious tradition. The real man may even be lost. Then how to meditate? Deities are present everywhere and at all times. That's why they were made so beautiful.

Swarnamurti or golden idol was considered the best. Because that was the most attractive, shiny and long-lived. I have seen many such beautiful sculptures in such a lively and beautiful form, that till today they come alive in my mind. Think, when that can leave such a deep impression on the mind just by seeing that once, then why will that not be awakened in the mind by meditating on that again and again. Even if not awakened, idol teaches a man to live with non-attachment and non-duality. They always give benefit. Anyway, the deity idol came into existence only when someone first awakened it in the mind and placed it in front of the world.

**Kundalini type good can be done by mental kundalini only, not by any gross physical object**

It is the nature of Kundalini to do good to man, even if it is in the form of a stone. That's why there is a saying that as if God can be found everywhere even in a stone. But the credit for this was not given to Kundalini but was given to the deity. This increased the faith to the gods in the minds of the people, which is till today. Although scientifically, Kundalini was doing all the work of human good. It is also appropriate to give credit to the gods, because they continue to do good to people in material terms anyway, like providing sunlight, air, water etc. Although the Kundalini type benefit is from the Kundalini only, not the deity. Both the types of goodness should be seen in their true form, not combined together, only then the confusion about Kundalini will be removed. Similarly, the Kundalini of a man's mind formed in the form of a lover does the good of a man, not his lover. If the lover was doing good, then after marriage, mutual attraction would not end or diminish but increase. But the opposite happens. In fact, after marriage, when the physical form of the lover becomes available at all times, then the Kundalini created in the mind starts to disappear. Due to this the benefits of Kundalini end. But the man blames the lover. The lover is as it was before. That is why Lord Krishna says that Radha is his dearest. There is no marriage of Krishna with Radha, only love between them happens. It is clear that Radha is dearest to Krishna only because of the eternal Kundalini formed in the form of Radha in mind of Krishna. If both had been married, it might not have been so. Because physically his

wife Rukmini is the most beautiful. Actually real and true love comes only from Kundalini and not with any material object. "Living with the help of someone's remembrance" is also an example of the good done by this Kundalini. What is more good than life itself. Another form of Shiva is a mountain, which I have proved in a poem post. Mountains do a lot of good to man. They give water, air, coolness, fruits etc. That's why people get easily focused on the deities. That is why in most cases the deities were made to be meditated as a Kundalini. Due to this humanity also flourished in the world. Anyway, only Kundalini leads to God. There appears no direct flight service to reach God. It sounds strange, but it's true. This is a science of idolatry, which one who does not understand, he will definitely spread false propaganda.

## **Kundalini as the best weapon to calm down the mind chattering**

Friends, People tell their own remedies to calm the nonsense thoughts of the mind. I find Kundalini meditation the best way. Suddenly the noise of the mind becomes silent. This I have been describing continuously in many previous posts. I have named this as the collision of prana and apana on the kundalini chakras. It is like attending mental thoughts and base chakras together. In the previous post, I was telling that breath holding pranayama can prevent stroke and heart diseases. My guess turned out to be correct. I attended an online yoga meeting this week. In that research was showing, according to which breathing exercise along with full expansion of chest with inbreathing reduces blood pressure. However I find that holding the breath lowers the blood pressure much more. When I used to do empty breathing exercises, I did not realize it, but when I started doing Pranayama with breath holding, my blood pressure dropped to 70-100. The normal level is 80-120. When I asked the expert in the meeting if this could happen, he said that it is normal to fall so low, but not too much. They were telling something big that this chemical is released in the wall of blood vessel, that reaction takes place etc. I didn't understand that much. I take care of actually important work. The biggest laboratory or proof is experience. In the field of spirituality, if science is more limited to experience, it is better. If proof is found from scientific experiment, then people can use the proof of their experience even less. I am not against scientific experiments, but if someone does not refer to his own experience to prove something, but only refers to scientific experiment, then there is less vitality in it. One who knows the importance of yoga, he will try to experience it himself without scientific experimentation and only by taking the experience of others as proof. Then I was talking about how important it is to adopt the Vedic life tradition filled with yoga in order to achieve mass awakening. One day everyone will have to wake up. How long will people keep ignoring the truth? If a pigeon trapped in a cat's paw closes its eyes, the cat does not run away.

**All the feelings of the mind are offered in the form of Prana to the God as Kundalini**

God says in the Gita that surrender all your sorrows, thoughts, happiness and everything to me. This is a reference to Kundalini Yoga. God is Kundalini in it. In the collision of prana and apana, the thoughts of the brain as the prana energy is thrown on the Kundalini, which causes the Kundalini to shine. That is what it is to offer or to perform a havan. The verse of Gita also indicates the same to be offered to Prana in Apana. The brain thought of Prana is put on the Kundalini of Apana located on the lower chakras. Kundalini fire ignites from it. The Havan of Prana in Prana is also written there. In that everything in life is in the mind as prana. Kundalini in the form of God is on the heart chakra. There is prana residing in both the mind and the heart as per yoga. I had said in the previous post that Kundalini should be meditated with Jyotirlinga and Shivbindu on the chakra. Perhaps that is why those places are named chakra, because when those who meditate on the Jyotirlinga or Shivling on the chakra of the backside, then the Shivbindu appears on its counterpart on the front chakra. The chakra also means a hollow wheel.

### **An ideal awakening should start from Kundalini itself, and end only on Kundalini**

I was also saying that if the river of energy reaches the brain from Muladhara, and at that time the Kundalini is not dominant in the brain, then the thoughts or pictures there flash with great clarity, but do not awaken. But if the energy remains there for long and with higher magnitude, then awakening also occurs. Then one feels his complete association with all things, which is called complete non-duality. But no particular picture is recognizable as primary, from which the full merger has started. It is also not recognizable because a person has not made a special mental picture in the form of Kundalini for cultivation. Meaning he is not even doing Kundalini sadhna. Of course, Kundalini becomes strong in the mind later to express spirituality, but it seems improvised and temporary to me. Permanent and real Kundalini seems to me the same, in which awakening starts in the brain and in which it seems to end. It starts with the remembrance of that Kundalini. Then, as soon as the awakening is over, Kundalini descends from the brain and appears to come on the Agya Chakra, and from

there on the Anahata Chakra. Then it can be easily revolved on all the chakras. Although every type of awakening is beneficial, but I would call the awakening starting from Kundalini the best.

**The flow of Kundalini energy moves alternately in the right, left and middle part of the body, like the breath flowing through the nostrils**

Yogasanas are done so that somewhere the Kundalini energy gets caught. This energy is throughout the body. But sometimes it is more effective on some chakra and sometimes on another chakra. Therefore, due to the stress or bend of the joints of the whole body, it gets caught somewhere. I got a new practical experience this week. The yogasana, which is done alternately on both the left and right sides of the body, is done to uplift the energy from the left and right main nadis. Due to this the energy balances itself and comes in the middle nadi. It is difficult to transfer the energy directly through the middle nadi. The left nadi is called Ida, the right one is called Pingala and the middle one is called Sushumna. For example, when I do Shalabhasana with the left arm and right leg raised, the Kundalini energy rises above through the Ida nadi on the left. It goes through the left brain. From there I redirect it diagonally to the command chakra. Its name is command or agya chakra because it commands kundalini energy to go straight in middle channel. With this energy tries to reach Sushumna by descending down and then climbing up from Muladhara. When I do it by lifting the right arm and left leg, then energy climbs up through the pingala and goes to the right brain. Redirecting it does almost the same thing. I also keep a little awareness on the command chakra for this. From that the energy tries to come to the central line. Simultaneously, I also keep a slight mental eye on the muladhara contraction. Then I let the energy go wherever it wants to go, of its own accord. I see that she then goes there herself with great discretion, where energy is lacking. When that deficiency is filled, it goes to its opposite part, so that the energy balance is maintained. Then it comes in the middle channel. From there it starts covering both the sides of the body. These are all parts of the back and brain. It moves like the sound of water gushing through a pipe. That is why the name Nadi is

also derived from the river or nadi in Sanskrit itself. Parts of the front part of the body are also covered, if I put a little attention on the tongue touching the palate. Then it descends through the forward nadi or channel and starts revolving in the channel loop.

### **By holding the breath, Kundalini energy rises in the back**

Yogasanas are made so that the energy flowing through the nerves can be experienced, and the whole body can remain healthy by being irrigated by that flowing energy. The energy of a karma yogi continues to flow while doing work, though not as much as that flows through yoga. This was desperately needed by the dhyana yogi, because he had to sit for most of the time to meditate. By the way, it is clear that if people who are physically active also do yoga, then they will also benefit greatly. I noted something new this week. By holding the breath, the Kundalini energy was rising well above the back, and it was causing gushing in the brain. The same thing was being told in the above meeting also that while breathing, the cerebrospinal fluid rises in the spinal cord. Many scientific types of people say that the Kundalini energy goes through this. But there is doubt, because the kundalini energy rises all of a sudden, but the CSF moves slowly. Maybe when it reaches the brain, it is only then that there is a feeling of ascending energy. That is why only after doing breathing or other yoga exercises for some time does the energy feel like rising, not all of a sudden. That is why it is said to do yoga by holding the breath. However, probably for this, a long practice of doing yoga while breathing is required first. In fact, due to the formation of a pit in the rear Manipura chakra, the direction of the flow of energy is upwards in the back. Then with a little attention that energy picks up speed. Due to inhalation and exhalation, the energy keeps changing its direction continuously, due to which the energy does not get enough velocity. On inhaling it rises upwards, while exhaling it descends downwards.

### **biking kundalini yoga**

I went to my work on a bicycle one day this week. I felt that the front pointed part of the seat of the bicycle acts as the heel of the foot in Siddhasana. When I used to slip forward, then my Kundalini energy started moving in a loop. That's



why even on a motorcycle, it is asked to sit at the very front, next to the fuel tank. This makes riding a motorcycle enjoyable due to the sharp pressure on the base. In fact, the prana was already active due to scenic beauty all around and with that the rush of pleasant thoughts in the brain. The helmet on my head made it even more active. Apana also became active due to the pressure exerted by the seat on the mooladhara. The mind or prana was already meditated upon. Meditation on apana was also there from the sensation on the base. When Apana started climbing up from the back, then Prana started coming down from the front. After completing the Kundalini cycle, the union of prana and apana also took place. This resulted in confluence and I got Kundalini benefits. I have written an earlier post on Biking Kundalini Yoga. The Muladhara Chakra works very well with the bicycle, especially the sports and light bikes. After biking, there is a shadow of joy and lightness for many days, it is due to this reason. Keep in mind that on the day of cycling, do not eat more, nor eat less. The same is said for yoga. In fact, due to over-filling of the stomach, even the breathing does not move properly, and the Kundalini energy does not move properly either. Eating less can lead to weakness. The burden should not be felt on the stomach. I have even seen that after eating in a balanced quantity, even if you eat a bread or two or four spoons of rice more, even then there is a burden on the stomach. Therefore, once you feel satiety from food, you should get up. Benefits like biking yoga can always be availed if one has mastered the control of muladhara. If we only compress the muladhara upwards, then fatigue is felt more. If we compress the Muladhara region from front to back, then the Muladhara also gets involved in it along with swadhishtan, and fatigue is also felt less. The effect will be even greater. Even if there is a contraction of any part of the lower region, it works. But keep in mind, while doing any specific brain work like driving or operating machinery, the focus should be on the brain. This will do so that the extra energy of the brain will go down, which will get rid of unnecessary thoughts and increase the efficiency. If all attention is let down, efficiency may decline. I see how scientifically the division of the indivisible prana has also been done. If the brain is more active, then by the union of

prana and apana, kundalini with prana reaches the anahata chakra. That is why the field of prana is called up to the Anahata Chakra. If the area around the base chakras is more active, and the brain is a bit thoughtless, then by combining the two, the Kundalini is expressed at the navel chakra or the Swadhisthana chakra. That is why it is said that the area of Apana is from the bottom to the Manipura Chakra. Although the right of equal or samana prana has been told there, but there apana seems more dominant. Samana name has been given to prana there, because prana and apana seem to play about equal role there. Samana in Sanskrit means equal.

### **Muladhara Pump is the main tool of Kundalini Yoga**

I also noted that with just the Muladhara pump one can easily move the Kundalini on the front and back chakras. First the Kundalini descends from the brain to the heart chakra. It remains stable there for a long time with the base pump running as per the need. Then from there it descends down to the Manipur Chakra. There too, staying still for a long time, she descends to the Swadhishtana Chakra. I felt she climb straight up through the back from there creating gushing in the brain. By the way, it is said that Kundalini turns back from the Muladhara chakra. Anyway, it remains active continuously with the Muladhara pump. By paying light attention to the Agya chakra, that gushing becomes even greater, and also comes in the central line. I think that gushing is the sound of blood running in the blood vessels. Blood vessels are also like a channel or nadi or a river. There are other thoughts also in the brain, although their power has already been applied to the Kundalini through the Muladhara Pump. Therefore they are weak. Then when the muladhara pump is applied again, that kundalini again reaches the muladhara chakra, and then climbs up through the back. Feels quite refreshing. In this way this sequence goes on for a long time. Now I'll see what happens next. Yes, then for a while Kundalini remained active in the brain, meaning it has come to the Sahasrara Chakra. When the Sahasrara Chakra got tired, she descended from the front to the Ajna Chakra. Kundalini remained on one chakra for about 5-10 minutes. When the chakra was getting tired by constantly contracting, then Kundalini was moving on to the next chakra. I lay comfortably in a semi-dormant position on a revolving and

back-extending chair. I was moving as per the need. When I was doing some other work, or getting up and walking, then Kundalini was staying on one chakra for a long time. This is because the chakra was not getting tired due to the lack of continuous contraction on the chakra. After 5 minutes the Ajna chakra loosened up, and the Kundalini descended to the Vishuddhi chakra. This time along with the front chakra, the back chakra was also acting simultaneously, it seemed that by joining a line, both the chakras had become one. The Kundalini on the chakra also seemed more pronounced. The movement of Kundalini from one chakra to another was being felt more clearly. Perhaps this happened because all the chakras were refreshed and unblocked by the first round of Kundalini. This time the Kundalini was more evident on the Vishuddhi Chakra by touching the opposite face of tongue to the palate. After about 5 minutes she descended to the Anahata Chakra. There it was shining brightly for a long time even without the Mooladhara pump. The chakra does not look to me as if there is a delimited wheel. I only know about the general chakra area and its approximate centre. Like Anahata Chakra, the area of the heart. Yes, the narrowing of that area definitely looks like a point in the center of that area, where the contraction and spasm seems to be the most and pinpointed. Perhaps this point is called the chakra. However, it is made apparent with strong and prolonged dhyana only. Kundalini shines brightly on it. Generally, Kundalini meditation is done by most of the people only in the chakra area and not on the pinpointed chakra. Just as the entire weight of one part of the chariot rests on the wheel of that part, so the strength of an entire chakra area of the body rests in the chakra of that area. By making it healthy, the whole chakra area along with its organs becomes healthy. After about 5 or 7 minutes when the anahata chakra gets tired, my stomach contracts inside and a slight gasp comes out. Simultaneously, Kundalini reaches Manipura or the navel chakra. Been there about 10 minutes. Due to its exhaustion, Kundalini power descends somewhere down. After finding it carefully, it settled on the Swadhisthana Chakra. Then she started climbing to Sahasrar through the back and descended through the front and started reaching there again. The role of the muladhar pump became more

important here. With gushing she kept swinging between Sahasrara and Swadhisthana Chakra for about 5 minutes. Then she rested on the Muladhara Chakra. Then she again settled in Sahasrara. Apart from Kundalini, other light thoughts remain in the mind. But Kundalini remains more effective, and Kundalini continues to receive their power. On other chakras only Kundalini remains. After staying in Sahasrara for about 5 minutes, she started descending again. She descended in the same sequence first to the Ajna Chakra, then to the Vishuddhi Chakra. I had to get up again for some important work. This went on for about an hour and a half. I also noted one thing that while kundalini was in base chakras on its second and third round, a faint genital sensation arose with feeling of scanty fluid oozing. Once I noted that a picture of an attached man appeared from the memory lane of the mind. He was not even getting down with the Muladhara pump. I had to apply pumps several times. Had to spend more energy than average. While coming down from mind, he delivered his energy to Kundalini and she started shining. That is why it is said that before the practice of Kundalini yoga, there should be a practice of non-attachment and non-duality in daily life for a long time. With this, the defects of the mind themselves end. This also makes yoga very easy and enjoyable. The same thing I was saying in the previous post that first of all I recommend to those who want to take yoga training, read the book of Physiology Philosophy or sharirvigyan darshan and mold it in life for a few years. When the truth comes to be known from that, then the man himself engages in Kundalini yoga with his interest. He doesn't do it out of compulsion or fear. This makes him learn quickly and completely. Therefore, the most important factor in the success of the work is the attitude. 90% of yoga is done by this positive attitude. The remaining 10% is fulfilled by Kundalini Yoga. The same thing happened with me, that's why I am telling. In fact, the humanistic lifestyle and attitude also does not have to change. Lifestyle and attitude have to be adopted according to the contemporary circumstances. All that has to be done is to put on the extra cloak of the Advaita or nondual outlook on your present condition. Nothing to change. You are so good as you are.

**Kundalini saves from the terrible condition of Bardo**

Today, a verse from the Gita sent by a friend as mentioned earlier touched my heart. I am presenting it here. Prayankale ManasachlenBhaktya Yukto Yogabalen Chaiva.Pranamavesya right in the middle of the forehead tam param purushmupati divyam 8- 10||That devout person, even in the last, by establishing his prana well in the middle of the forehead with the power of yoga, then remembering it with a still mind, attains that divine form to the Supreme Personality of Godhead.10. This is what I think it means, which I have described above. With attention to the thoughts of the mind, let the attention go to the agya chakra located between the eyebrows. Due to this, the prana starts moving in the central channel loop, and Kundalini takes the place of unnecessary thoughts in the brain. In central channel, Kundalini always lives with the prana. Because central channel is nondual channel, and kundalini always accompany nonduality. It is Kundalini that takes you to the Supreme Soul. I think everyone can reach God, but most people get scared of the darkness after death and soon take on a new body. However, they get good or bad bodies according to their deeds. Perhaps their will does not work in the choice of the body. But the Kundalini yogi gets support from the light of Kundalini. So he can wait for a long time to meet God. Buddhists also believe almost the same. They call the horror after death the bardo.

### **Kundalini also transforms DNA**

I think Kundalini also transforms a man's DNA. This happens more with Kundalini awakening. If the thoughts of the mind are brought down, they are transformed into Kundalini on all the lower chakras. Anyway, every cell of the body has a brain. Scientific experiments also point towards these things.

# Kundalini Yoga having a big role of Beard and Mustache ~ A Spiritual Joked satire



Laughing Buddha

I was telling in a previous post that when my Kundalini shakti rose above the mooladhara for awakening, at that time there was a group of women singing a ceremonial dance. My medium sized beard had grown due to intense Kundalini yoga practice for a month. A few white hairs growing in a bunch of black hair looked good like a saintly man in the crowd of the world. That's why many women were looking at me with innocence, love and wonder. There were other people out there with growing and matching beards, who were giving me special love, respect and belonging. This shows that only bearded people identify the real beard. Who knows the diamond, jeweler? There is nothing to laugh about because it is not a joke but a fact. Anyway, women are very impressed and attracted by the grown beard. If Kundalini yoga practice is also associated with it and that too of tantric type, then what to say. This also gave enough strength to awaken my dormant Kundalini Shakti. A real beard is the one that grows on its own under the influence of sadhana, which does not have to be grown, and which does not have to apply much cosmetics to make it fashionable. With the power of sadhna, such a glow is created in the eyes that all other cosmetics start fading in front of it. There is so much light in the heart that it does not feel like paying attention to the light of the face. Again and again the fake beauty of the face is not noticed, for this only the man's beard starts growing on its own. There is no need to do anything. Many men deliberately grow beards to be more attractive and especially to attract women. They don't even know the name of sadhna. Some women are attracted to them from surface, but are not influenced by them from the heart. But a woman who has a keen eye and a passion for meditation, she understands a clean shaven man as better than them. Because at least the clean shaven man is not deceiving, and that poor man is at least working with fake beauty. Those who say, something is better than nothing. Now my shaving kit lying in the box must be getting bored. Earlier I used to go to the barber shop to get my hair trimmed. once in a week. On the face, he used to keep the trim setting mostly at one or sometimes at zero. Most of the times two number was set on the mustache. Now I have got my trimmer. I keep the length of beard and mustache of my own free will. One day, brother it became wonderful. It happened that I had made the beard with the setting of number two. Started turning the trimmer's regulator wheel to number three so that the mustache

would have been a bit bigger. But what, the wheel turned upside down. At that time, as the evening went on, there was less light and I was also in a bit of a hurry. Now there it doesn't fill the stomach of this sinful mind. Gone are the days when one had to walk for many hours to reach the barber shop. There too, there used to be a long line of people decorated with colorful forests on their faces. Almost an entire day was wasted in the affair of a beard. Nowadays this trimmer in the form of a god has covered the work of hours in minutes, yet this mind needs to be fast. In those days, the entire earning of a day was used to clean the garden grown on the face, but today this miser mind is not ready to put a good bulb above the bathroom mirror. Garden, I am speaking with the hope that perhaps the Kundalini fruit may ripen in this, because most of the Yogi Babas are seen to me as bearded. The length setting was reduced to one instead of three. A quarter of the mustache was cleared in a jiffy. Trimmers are not scissors, which give us a chance to recover. Had I kept a half of short mustache, people would not know which mental illness would have teased me thinking it to be a mental illness. Therefore, in compulsion, the entire mustache had to be cleaned and the beard too. Good luck to this corona facemask which saved my health the next day, otherwise people would have definitely dropped it by taunting. Now the era of razor blades seems to be a bygone era in front of stylish trimmer machines available in the market. Anyway, according to medical science, clean shaven mouth is more dirty. When such a mouth was inspected with a microscope, then forests of colorful colonies of germs were found in it. A razor scratch on the mouth causes the internal cells of the body to come out to serve as a feed for germs, just as insects buried in the soil by digging a plow in the field come out to become food for birds. When the face cleaned with the trimmer was seen, then from outside it looked like a forest, but from inside it was completely dazzling. That's why we also advise you to keep a good trimmer and become a Kundalini yogi.

Seeing me, many people became jatadhari or hairy. But it is not known whether they became a kundalini yogi along with it or whether they became a yogi with a mere face. If they had become a real yogi too, they would have taken stock of my heart along with my face. But what is this, from far beyond, they stole my beard recipe, went Kundalini yoga to take oil. Yes, remembered from the oil. Some allege that the mustache drinks a lot of oil. This made me feel that it is necessary to clarify the situation here, so that the poor innocent mustache does not get maligned just like that. In fact, they do not drink oil on their own accord or for their luxury, but Shani Dev, with his divine inconceivable power, makes them drink oil for himself. Therefore, Kundalini Yoga may or may not have happened to those beard-refugee people, but Shani Dev must have been pleased with the oil in their beard. Friends, you already know that black color and mustard oil are very dear to Shani Dev. Therefore, if there is a wrath of Saturn, then do not think about it here and there. Irrigate the bush with mustard oil. The more black, dense and formidable it makes the evergreen bush, the more revered Shani Dev will swell happy like a balloon. And you will also know that as bad as angry Shani Dev is, he is equally good when he is happy. Well, what I was saying is that now it has become common to see people with hair instead of smooth ones. What's more, the competition to imitate was such that even small children started scratching their little mouths with Papa's razor, in the hope that they might grow their hair too. I became such an icon piece, who started the fashion of the grown beard that whenever I was troubled by the dryness or itching of the face and so shortened my hair, the people I met would say that you have become weak these days. Not weak, very weak. The fault of the trimmer, and the blame on health. What is the relation of hair with health? Now only those people should know which such channel emerges from the hair, which is directly connected to health. What's more, even those who knew me as a clean shaven man, seeing my beard, would say that you have become weak. It is now the subject of a great and mysterious investigation as to how the change in the hair of the face leads to deterioration of health. Health also falls in the eyes of only those people, who see a change in the face. Deterioration of health is not seen by himself and other people. No one talks about mustache. Don't know why people start talking about mustache as to touch the sore. But the truth is that the one who has never laughed in life, he should also leave the fountain of laughter showing glowing teeth with the talk of mustache. They don't blame the hair trimmer directly. Everyone knows that if

you blame the trimmer or the hair, it will lead to gender discrimination. This shows how grown-up people have become today, as well as strong advocates of gender equality.

Brother, even if we do, what should we do? If you shave your beard, then out of the gang of bearded people, and if you grow a beard, then out of the gang of smooth people. Between devil and deep sea. Believe it or not, the solution to this problem is an electronic trimmer. By applying it, a person can live here and there equally. If you turn it on your face at number two, then the bearded ones are happy and the smooth ones are also happy. If you put a trimmer on number two, then the life Jhinga-Lala. The Buddhist middle way is the best. If you want more effect then keep a fake beard-mustache, and mix like salt in sugar everywhere. But the identity of the personality is mostly associated with the hair of the face. Personality identification went on grazing the grass. Don't worry about it at all. We just want to play the harp of fun. Anyway, as far as the judgmental view is concerned, then it is harmful to the soul by being looking for the holes and peaks. Just watch everything superficially, you will become a great spiritual master with just a little bit of fun. You will get sweet balls in both of your hands.

It is said that the soul resides in the hair. A man loves the hair of his face the most. I maintains friendly relations with doctors, as they are akin to hair surgeons going deep of everything. That's popular saying in Hindi, removing skin of hair. Who can understand hair better than them? They tell that even people who are counting their breaths of life on ventilators do not get their mustache cleaned. They often cause physical obstruction to the work of the ventilator. Maya-mind does not die, only the body dies; Hope-craving isn't erased, Das Kabir said 'n praised. A man can tolerate everything, but can never tolerate the insult of the hair on his face. That is why the beloved person is also addressed as nose of hair. Of course that's is hair of the nose, but it is the neighbor of the mustache. And what is that neighborhood, where the heart is not found. Similarly, when "the straw in the thief's beard", it is said, the man cannot live without turning his hand on the beard, even if he should be hanged for theft. If you don't believe it, try it out. How can a truly bearded man tolerate a tiny speck on his beloved beard? It is the result of this unfathomable fascination for hair, especially the hair of the mustache, that once the guerrilla team of the Forest Department reached the house of the people to investigate the teeth and nails of the tiger, they found the tiger's moustache hair hidden in their place. What's more, in Sikhism, hair is considered the most important symbol of religious importance. There, it is also permissible to use a dagger to protect the hair. You must have heard the story of Mahabharata, haven't you? In it, the Pandavas, on the advice of Lord Krishna, completely shave off Ashwatthama by not giving him death sentence. Along with this, they also take out the gem from his forehead. Brother, that gem is nothing but Kundalini, which went on moving on its own with the hair. She resides on the command chakra located on the forehead. Ashwatthama considered it more humiliating than his death, and then did you not see how he later fired the Brahmastra in retaliation, thereby scorching Parikshit in Uttara's womb, who was saved by Lord Krishna. While a she famous leader threatened her complete shaving to prevent a foreign-origin woman from becoming the Prime Minister, on the other hand, a world-winning player got her complete shave done to please her Kuldevi goddess. Similarly, to Lord Venkateswara, hair is offered at Tirupati Balaji temple. It is believed that Lord Venkateswara pays off the debt of god Kubera from the cost of these hairs. Kuber is the richest god of the universe. This means that then the loan amount must have been huge. So then, can Lord Venkateswara not ask for gold and silver from the devotees, why only hair? Because he knows that hair is the most precious thing in the universe. He very well knows that all the biodata of a man is hidden inside the hair. You can check this by asking companies like Google and Facebook, what is the cost of data. You will get the answer. Even after having so much important matter, where is the scientific research done properly on the inconceivable power of hair so far? I feel that till date the least understood and most important thing is hair. So friends, the matter gets stuck here that it is not a good thing to be careless in the matter of beard and mustache.



Similar deep attachment of a person to Kundalini is also there. Or else, the entire Kundalini secret is hidden in the hair itself. That is why it is customary to shed hair at holy places of pilgrimage. Once I was in enemy territory and there went to the barber to get my hair cleaned. Understand, this was a research project of mine. I was a native scientist. It is a different matter that no one pays attention to these pure indigenous discoveries of mine. What was it then, after that the people there became my dear and I their dear. I was stunned to see the miraculous power of hair. The mysterious tricks of hair have not been researched properly yet, brother. I have full faith that the solution to all the problems will be found in the hair itself. Our ancient sages used to be very advanced scientists. Neither asafetida nor alum was used, and research was so deep, that even today's big laboratories could not dare to touch. Just look at the tantric tricks. How the tantriks of far reach, with just one hair of a man, can control the whole man. Women become more victims of such hair tricks, because they love their hair the most. All modern science fails in front of this small trick of hair. This is just a small example. Stay with us, and stay tuned, what happens next.

Just as a person's rapid transformation takes place by awakening the Kundalini, so also by cutting the mustache. That is why in the olden days people used to cut their mustache to get rid of their sins. Since then there have been sayings about saving your mustache. For example, keeping the mustache high, not allowing the moustache to be cut off, having a question about the moustache, not embarrassing the moustache, keeping the mustache ashamed, ashamed of the moustache, etc. It is also true, a well-maintained mustache comes in handy in bad times like golden jewellery. I too was once saved by a loving-handed mustache. What happened was that I had become completely depressed and disillusioned with my past life. Then a guru-like experienced person who met me by the grace of some mustache-free god, advised me to clean the mustache. He himself was also fond of his routinely renewed face. Actually he was the professor of colorful mood of my college time. College girls used to love him very much. On one occasion, the attachment had grown to such an extent that some of the girl students were feared to be molested. God knows what the matter must have been. He was well aware of the smack inflicted on me because of the mustache. You know that in college life, only smooth faces speak volumes. Those with mustaches are called Baba means sage over there. Even if they think that it is real baba, then it will not even matter. Now Baba means Bhangi or cannabis consuming, Crazy, Loser in Love affair and don't know what and what. It hurts even thinking about it. And whatever you can run the horse of wisdom, run in the field of negative words, you will see only Baba synonymous with everything. Baba if you are careless, Baba if you drink cannabis, Baba if you drink country liquor, Baba if you chew a bone, Baba if you go for a walk with sweeties, Baba if you beat anyone. Stop-stop, only a hint to the wise is enough. If you call the real Baba Baba, you will get tongs. Baba, as if the word found in dowry, affixed with whatever you wish. Where is the unity among the real babas, who can file a petition in the court. It is said that the lion walks alone, the sheep and goats walk in the herd. Here the real caste-class cannot be called by the real name, and there wherever you look, Baba-Baba-Baba. Baba for repentance, no baba no. Girls, as I have come to know, say 'O my Baba' to boyfriend. Baba to children, it sounds little matching for both of them are clean. And now a new trend has started, My cuty Baba. Baba's fame is that once my wife-goddess lovingly told me Baba, in an instant my little kid went laughing and laughing. I asked my kid, o my baba, why are you laughing so much. So he pointed at me with a finger laughing and said, Baa-baa Black Sheep. How much intelligent are today's children. Baba type Universal word not seen ever. Sometimes the master or Ustad used to be called to the skilled man who was of far reach. Today people name cannabis consuming truck driver as Ustad. Once, what did I say to a native engineer, Ustad in praise, he sent me a defamation notice the very next day. Hi Ram, these words are indigenous cannon balls. The word Guru is considered a very holy alphabet. But it is also used a lot during the construction of a hijra or genderless. There the expert person who destroy the city of Cupid is also called Guru. If someone comes by doing a wrong thing, then first of all these words are welcomed, great Guru. Now it is the time to save the dignity of the sacred words. If courts can be opened in the middle of the night to save the unholy moustaches of traitor, then why not to save these words. Whereas these words are the biggest

patriots because they protect our eternal culture. I have told my wise friends in clear words that either they should not read my spiritual articles, or they should not call me Guru and Baba even in dreams. A naughty friend used to tease me by calling me Sharif means gentle again and again. This word has also got distorted likewise. I warned him while telling the truth that even if he go to Pakistan and speak Sharif to Nawaz Sharif, but he should never call me Sharif. After that, he called me Nice, an English word. Yes, so what was the basic discourse I was giving that now how he all-rounder clean guru did not recognize his worthy disciple, so in the very first meeting, that uninvited guru gave me love, pride, smile and warmth and told me as the most dear or true disciple. At first, he was also little afraid, may be due to my nightmarish mustaches. He had also said to me later on that I was dangerous. Then I had explained him that my mustaches were dangerous looking, not my heart. He, the bush-cleaned-intelligent understood the fact immediately. Then only he mixed up properly. After long mix up he came to know that actually I had no mustaches on my heart. What was I saying that one or two mustache-cleaned and 1-2 mustached people were also doing working strolls beside him, taking a few turns here and there. I was stunned to see so many beautiful and strong feelings towards myself in him, that too together. At the same time, I also started to consider myself lucky that he did not call me a disfigured or mustached disciple. He did that emotion-expression so fast that by the time I could take my eyes off his very smoothy face and I could say something to him, he had left from there. At that time, I thought that he might be doing a joke, but now I understand that it was not a joke, but his true mustache-cut blessing. He himself seemed tormented by an undeclared alliance of mustacheds and non-mustacheds. Later on, he had also complained seriously that his students used to tease him showing barren lands on their faces. Perhaps for this reason, many times he used to decorate his mustache on the table. He may have accidentally looked at my college-time allegiance to tantric guru-devotion. He seemed to have the blessings of Bhole Shankar and Kamadeva together. At that time, the era of keeping a sleek and fashionable face of his life was going on. Therefore, I thought it most appropriate to take initiation from him for the mustache-piercing ceremony. Cutting my mustache on the advice of those Gurudevs brought me tremendous transformation and during that critical period he handled me like a Kundalini guru takes care of his disciple in the delicate phase of Kundalini transformation. By cutting off my mustache and becoming a smooth face, I felt as if the refresh button of my life had been pressed. As if the past life has also come off with a mustache, and I have taken a new birth. Mundan or shaving Science is now embracing something. Even in Kumbh fair, people who come to become Naga Sadhus are completely shaved on their heads and faces, so that they can never return to their previous lives. Similar complete shaving is done at the time of Yagyopaveet ceremony, except for a long tuft of hair near top of head. Even after that man's second birth is considered, which means his mind gets washed away. The hair tuft keeps him connected to the Kundalini and his home, that is why he does not leave home, just keeps on doing Kundalini sadhana. Further said, Buddhist monks stay one step ahead of them. They always keep a complete shave, so that the common people can never come in contact with them, and can not disturb their sadhana. Now where did the hair-loving people go to the Mundak meetings? Some types of Muslim brothers follow a different recipe to look different from the infidels. They clean the mustache, but they keep the beard big. So some have a beard like a goat. God save. Somewhere people make pictures and strange designs and maps etc. on the beard. Brother, their natural art will also have to be praised. No paint, no canvas, just a good pair of scissors are needed. Some people have bee-like mini whiskers, just below the nose, like Charlie Chaplin. This gives them a new sense of excitement. Even with such a mustache, it is feared that the mischievous people do not keep slapping on the face by making a false excuse to drive away the bee.

Some people have long, pointed and sharp mustaches on both sides to demonstrate bravery, such as the Jabanj Fighter Pilot Abhinandan. It was also heard that because of the fear of his mustache, Pakistan had to release him within twenty four hours. Some people dye the beard and mustache red with henna or artificial chemicals to make themselves special, while some darken them black. Only the poor common man has to live inside the skin of the herd with remorse, because if he starts becoming special, what

will he eat? It can be guessed from this mood of the people that in ancient times there must have been a mustache architecture or vastushastra. Then it may have been burnt by jihadists in the Middle Ages. In it, they must have seen the disgrace of their debauched mustache. How could the pride of a clean mustache, which gives an unbearable message of peace to a peaceful person, be accepted as arrogance. Quit. Prima facie it seems that with such perverted mustache-science, countless religious places of Hindus have been destroyed, and innumerable religious texts have been handed over to fire. So brothers, I was narrating the incident related to shaving my mustache, how the life of that time present day, past college and unemployment, which was depressing, had gone into the recycling bin, and with childhood, the life of school time had come out of the waste of the recycling bin to the desktop of my brain. It felt like the same old window in my brain was reinstalled with the updated version. Same idea of old life, but in a unique slow motion and with full beauty. Friends, I made a lot of progress in that period. The outer atmosphere of my progress must have already been made, only the inner atmosphere was staggering, which was handled by my smooth face. When my condition became stable, then I again started growing crops on my face. In the days of snowfall, the grain will be available only when the crop has already been collected. Friends, if I begin to unveil all the secrets of the mustache, then a complete mustache text will become a Purana. Hi, what a strange thing this writing is, isn't it? Hands get tired, but the mind does not get tired. And if it is an exciting subject like a mustache, then there is no question that the mind should get tired. Experienced elderly people say that women do not return from marriage and men from battle. Similarly, the writing of the author of a heart-wrenching subject like a mustache never comes back from the paper. So keep reading patiently, so that at the end of the article you too can find yourself becoming a mustache expert. In fact, after removing the mustache, my age-old suppressed Kundalini started shining like a gold ring buried inside a dense bush, after removing it. It is also a matter of research whether the darkness of the mustache covers up the bright Kundalini. The biggest advantage of cleaning my mustache was that I was able to recognize my Kundalini very well. Then I didn't look back. Wherever she took me, I kept going there, and she continued to do me good in every way. In front of the Kundalini, as if I had become naked like a child. There isn't much difference between blowing a mustache and being bare. I had surrendered myself to her. By working hard with the support of Kundalini, I set many records of success. Kundalini was in feminine form, that's why Kundalini is addressed as a woman. This game of love and marriage and child birth that continues in the material world, exactly the same continues in the subtle world of the mind. Then seeing the female Kundalini, the male guru pulled by her beauty also reached there, broadcasting a mustache-smile, and with a melody. The two married, romanced, had children, and then both grew old and became indifferent to each other. Those my subtle parents were leaving me. I was starting to feel a little sad. That's when I started practicing Kundalini yoga and by pulling the mustache of my mustached master (Kundalini) woke him up again as kundalini awakening. Then I heaved a sigh of relief and started growing home farming again. But even today I am afraid of the big bushes. The old shock that hasn't gone completely out of my mind. Don't know why it feels like darkness beneath it. Will everyone feel or only me? Will everyone's Kundalini shine with its cleaning, or was it only mine. All this can be known only through shared mustache research and experience. That's why I keep pruning them in such a way that air and light can go to their root. But I think it is also a matter of mind. At the time of awakening of Kundalini, my whole face was covered with a bush, although it was of medium size, but it was dense enough. At that time there was light everywhere. It is clear from this that everything depends on the space, time and mentality. That's why one should do as it pleases, but one should always strive for Kundalini. If the weak Kundalini-light is covered by a moustache as a tiny herb by a dense bush, then it also keeps the strong kundalini safe as the funerary cobra hissing, protecting it from the eyes of the world. That's why I said that one should read the language of the times, and should always respect the benevolent mustache. According to the time, a man himself does not walk, and blames the head of the mustache. The man himself has misused the mustache the most. It is not known how many immoral things he has done with the power of the mustache. The immeasurable power of a mustache can be gauged from the fact that the enthusiasm increases manifold just by throwing a loving hand on them. Oh dear, I have also

remembered the name given by the mustache experts for this act, to give taav or warm up to the mustache. This is a very mysterious name. You can't even imagine that taav means heat or warmth here. Just as a wrestler, soaked in the heat of the massage, stands up while carrying a thong, so also the mustache. Due to some of the above mentioned main reasons, the respect of mustache has fallen so much today that first of all the parents and kins of girls ask whether the boy is with mustache or not. Once a mustache had a special status in the society. Today, the situation is that the mustache has to be pacified by reciting this lullaby-song, don't cry—~ my mustache, shut up—~ not only your question. Happens in bad times, happens in bad condition; Oh cuty, the same thing happened with you; Don't cry—~ ~ ~ ~—. Friends, this trend should be changed, and we should come together to save the innocent. More to say, the bandits have also had a heavy hand in the defamation of the mustache. The writers and poets of our society have also associated the mustache with the bandits. It is nowhere to be read that a scholar with big and big mustaches. What's more, the ladies have not been far behind. They too often has the same dialogue in a frightening posture, with big eyes to put the kids to sleep, big mustache-la-la-la—~. Now what can I say more than this, to save the moustache standing on the verge of extinction, is it necessary to return their lost respect or not? If it's necessary, then there should also be laws to conserve mustache. The mustache-reservation bill should be presented to make it as a stringent law. Mustached people should be given the status of a minority. Welfare schemes should be run for mustache protection. There should be a special provision of mustache allowance. If I tell of myself, a thick beard does not come on my face. Due to this, air and light itself continuously reaches its roots. It is possible that behind my evergreen Kundalini, this half-headed type of mustache is behind. Regarding this, my wife often says that you look like a girl with a beard. That's why many times it comes to my mind that why not uproot this sign of impotence from the root itself. But then I also think that if the field is allowed to remain barren in the midst of heavy rains, then what will be eaten during the summer. If you take off all your clothes in winter, what will you take off in summer?

Friends, I also realized that a mixture of beard and mustache is more philosophical than an empty mustache. It is said that the face is the mirror of the mind. By becoming beautiful inside the mirror, the person standing in front of it becomes beautiful himself. That is why by keeping the vision of non-dualism on the face, Advaita itself prevails in the mind. Keeping the main land barren and keeping a bush in a small rocky bed at the foot of the hill does not seem like a sensible thing to do. So in view of this problem, I started sowing the whole area. But then a new problem arose. After the outright harvesting of the crop, the entire land seemed barren and bare. If someone falls straight from the sky to the ground and does not get even dates to land, then you can understand his agony and pain. Together, duality or simply say that the shocks of change felt like cold-hot shock. And brother, this wretched duality is the biggest disease of the mind. So friends, there was only one middle way to avoid both the problems. The crop of the bed should not be cut from the ground, but should be cut from a little above. What happened is that even after harvesting, there was little greenery left. Due to this, the light of the eyes of the people also remained untouched, and duality or change was also stopped a lot. There is another philosophical twist here. In fact, Advaita is created out of duality. Therefore, for the one who is a philosopher-mason of far reach, the formidable mustache that creates duality is no less than a mine that spews bricks of gold. By masoning them, he prepares non-dual palaces of the highest order by sticking with them cement-mortar mixture as mix of mind's defects like lust, anger etc. What is the significance of Kuber's Alkapuri in front of these advaita Nagari or nonduality townships? Yes, these mustache created nondual palaces have been called Alkapuri. Anyway, Kuber's mustache is also said to be very beautiful and so his mondal alkapuri township. I had once created a tri-populist Advaita-Nagri or nondual town in the same way. At that time, big masons used to come to me walking on knees from far and wide to gain knowledge.

Due to the strange mentality born of the hairstyle, a man likes to mingle only with a man with hair like him. As a result of this perverted mentality, the Taliban had issued a decree for everyone to have a beard throughout Afghanistan. But they want woman to be at

least hairy, no matter how long they themselves may have. But in the case of a woman, her sexual interest is attached. It takes a toll on her hairstyle. Similarly, no matter how hairy your children are, everyone looks good. In this too, there is an indirect sexual interest. It is clear from this that both hairstyle and sexuality are the most powerful expressions. The tantrik understands the importance of both of them very well, so they keep both of them in care. Now it is understood that why great tantriks like Lord Shiva are Jatadhari or too hairy and Mastmaula or fully relaxed.

Many times I feel that if my beard had not grown at the time of Kundalini awakening, then I would not have had Kundalini awakening. Being clean shaven, I kept on hovering around the women playing songs with my smooth face, just as once Narada Muni was hovering with his monkey face in the whole swayamvar or marriage assembly, making eye contact with everyone. With that, I would not get a chance to meet the friend from whom I was lost in the memory of Kundalini. Also, if a woman, seeing a nameless Chiknu or clean faced like herself, tightened her heart-pricking taunt even only the gesture, then the question of awakening would not have arisen. Had Narada, who was stunned by the taunt not even raised the cot of Lord Vishnu by saying that he was a hypocrite, on reaching his home Vaikunth, kundalini awakening went to sow wheat, or to chase monkeys to drive away? Yes, so what was I saying that instead of getting lost in the Kundalini due to that remark, my heart would start getting lost in repentance. There is nothing worse in this world than the displeasure of a woman and the blasphemy of a woman. A man can forget everything, but a man can never forget her angry smooth face full of ridicule. Even if the man who is wounded by the woman's displeasure can find the Kundalini awakening, even then God sends him back to apologize by falling at the feet of that angry woman, only then the unseen main gate of his unseen palace opens for him. Otherwise one has to be content to see that unseen palace from far outside. There is no guarantee that the woman will agree. It depends on her and on your purity of your mind. Many times a woman kills a man with another shooting word who came to apologize for some other slander. With this, he can not live anywhere, like a washerman's dog, neither in the house nor in the ghat or river bed. He again turns back and reaches to see the unseen God standing at a distance. God gives him a little call, and then sends him back to calm the woman's smooth face. Sometimes the poor man becomes a ball between the woman and God. This cycle continues until some other kind and compassionate woman holds the unfortunate man. Those who say that it is iron that cuts iron. Actually, God sends that second woman by motivating her with his divine power. So follow my advice, keep looking for a good woman to help God with something. In the case of a woman, even God cannot take direct action. Because of the fear of his wife, he makes the mustache disappear from all his idols and paintings, otherwise why would a impartial gentleman like him would show disfavor with moustaches. He too can settle the matter only by sending a woman. God is also the poor truth in this matter. He does not even walk in front of a woman. The flame of the angry smooth face of the woman starts touching even her untouched palace. Even if he does, what will he do? If he is strict with the woman, then his wife, the goddess sitting next to him, gets angry and goes away, rebuking. Why should he himself become a victim to save his devotee from the flame of smooth face? I feel sorry for smooth people thinking that they are not smooth just to avoid the wrath of the woman. Seeing one's smooth face, the woman would have felt pity for him. The smooth face reminds the woman of the child. Anyway, women are most kind to children. But this trick doesn't last long. If by mistake even two hairs grow on the face, then she repays all the previous troubles along with the interest. Therefore, I say with a strong voice that before making a smooth face like a woman, one should also understand the responsibilities to be performed by a woman. If this is not done, then the soul of the poor peace-loving bearded man will wander among the angry smooth faces, and he will not find peace even after his death. Thorns look good when withered, but flowers always look good when they are in bloom. The blossoming flower if not on the face, atleast it should be on the heart. That's why I say that not only on the face, but also on the heart, a beard as Kundalini should grow. With this, when a woman's love reaches the heart riding on the arrow of Cupid, then it will directly touch the Kundalini, due to which Kundalini can be awakened by mistake. Otherwise, it will be as it once happened in an international mustache competition. In that the great mustache that was declared the

winner, say Shiromani or the poor mustache king, started saying with a spontaneous expression that he was enjoying being declared the winner, like a rhinoceros rolling in the mud again and again. One who reads this mustache stotra with devotion, the immense grace of mustache will remain on him throughout his life, and after this life he will get the moustache-abode. Now please do not copy-paste this divine mustache code anywhere, otherwise there can be a wrath of some taav-warmed mustache.😄😄😄😄😄😄😄😄😄😄😄😄😄~Premyogi {satirist~Bhishm}🙏



# Kundalini musings~ hidden secrets often overlooked

*This post mainly includes Shivbindu-Meditation, Bath-Meditation, Kundalini Better than Vipassana, Secrecy of Kundalini Awakening, Best Awakening, Kundalini Abode in Muladhara, Experience of Prana-Energy Transmission, Real Remembrance, Hatha Yoga as Associate of Raja Yoga, Breath holding, transmission of energy in sushumna, secrecy of tantric words, and superhuman.*

Friends, I felt some writer's block last week. Didn't feel like writing anything. Wrote a little bit, but could not compile it as a post. In this post, I gathered those scattered experiential thoughts in my mind. Then made a subtitle by combining the keywords of all the secret ideas.

When the Kundalini in the mind is given the form of Shivbindu, then with the experience of the energy rising from the back, the contraction is formed on the Agya chakra itself. Due to this, the Kundalini straightens in the brain and spreads in a straight line from Sahasrara to Ajna Chakra. We are of such a small stature that we can only contemplate the Bindu of Shiva, nothing else. Shiva is far away. He is the biggest. He is the true complete Brahman. Shiv Bindu itself will lead us to Shiva.

Everyone wants to imitate Shiva from outside but no one from inside does. Shiva remains engrossed in the meditation of Kundalini from within. That's why his real imitation will happen only when one's inner meditation or dhyana continues, may be the Kundalini of his form.

Gush or thrill of energy while taking a bath is a very good experience. It feels great in the brain. This gives a feeling of freshness and mindfulness. That is why it is advised to take a bath daily, and while taking a bath, it is said to chant, so that the Kundalini remains effective in the mind, and the benefits of energy can be given to the Kundalini. Perhaps this thrill is experienced enough only if yoga is practiced daily. There may not be a flurry of energy during yoga practice, but it aligns the energy in such a way that energy surges can be felt at any time of the day when a suitable environment is found, such as while taking a bath.

Vipassana maintains the power of thoughts of the mind. Thoughts towards which witnessing is kept, they are suppressed for some time, but as soon as the feeling of witnessing is removed, the same or other thoughts flash with double power. This happens because we may have suppressed thoughts, but the power of thoughts increases instead of decreasing. That is because the power of thoughts stops being spent. At the same time, not even a special picture is made in the mind, which continuously absorbs the power of useless thoughts. In contrast, in Kundalini meditation, the power of thoughts is not obstructed, but it is removed from the thoughts and applied to the Kundalini. This gets rid of thoughts for a long time. Even if thoughts start coming, their energy is felt by the Kundalini, and they become calm, because we are used to doing so. This happens more with Kundalini and Vipassana combined, because there are two types of meditation done simultaneously. But Vipassana without Kundalini seems to be a very weak and temporary method. That is why Kundalini is called the fundamental basis of spirituality.

I was saying that the best awakening is that which starts with Kundalini. There is another reason for this. This makes Kundalini Yoga completely scientific, and Kundalini comes under one's full control. Man comes to know that we can achieve awakening by our own efforts, not just by chance. With this, man can teach this method to others, by which a

large-scale awakening can be possible. Not everyone can get awakened by chance due to rarity. Most of the awakenings that happen by chance happen without effort. Even if there is an effort, it is a simple and mild effort, such as a life full of non-dualism and non-attachment, and other spiritual activities. That effort is not a scientific, strong and dedicated effort like Kundalini Yoga. The one who has got the awakening by chance, he himself does not know how to get it again by his own effort, what will he explain to others. Of course, one who has attained Kundalini awakening himself by the effort of Kundalini Yoga, will think many times about getting it again through that effort, because it requires a lot of systematic effort. But at least he knows the way by which he can guide others, especially the intelligent, curious, long practising and powerful kinds of qualified people.

Along with Advaita, Mooladhara is activated by worldly actions. This happens because for the Kundalini formed in the mind from Advaita, the supply of energy starts from Muladhara, because it is necessary for Kundalini. For all the functions of the brain other than Kundalini, the brain has a lot of its own energy, there is no need for additional energy from Muladhara. That is why it is said that Kundalini resides in the Muladhara Chakra. The Muladhara of dualists is not active because they do not have Kundalini at all, if it is active due to the influence of the previous birth, then it's very weak or negligible. The gush or thrill going from the back to the brain is not always felt. It is felt only when the brain needs more energy. I am currently undergoing a transformation phase. During this phase new neuronal connections are formed in the brain and old ones are broken. Means past memories are erased, and new ones are made. For this the brain needs a lot of energy. When the old life starts dominating me, then this thrill feels very loud and joyous. Just like a child, there is a feeling of freshness and newness. But you keep doing yoga, because even without realizing it, the energy from yoga rises up. Whenever the pressure of emotions is high on you too, then too this thrill will be lively felt. Even if there is a creative or new work, the energy thrill will increase. Kundalini or image sadhna should be done in conjunction with shakti sadhna. Only then both are able to join together in Sahasrar, otherwise there is doubt.

While doing yoga, if any creative thought comes, then let it remain in the mind, do not start noting or analyzing it, it can hinder the movement of Kundalini energy. But if the creative idea is very important, and you may forget it later, then you can also make a note.

The practice of hiding the Kundalini seems to me to be promoted by unsuccessful people to avoid their embarrassment. Everyone loves his ego. If a great seeker or guru is not able to achieve Kundalini awakening, but if a low and enemy neighbor makes it, then it will be difficult for him to bear the truth because of shame. The second reason must have been that the man of the so-called low fraternity should not have to be given respect or credit. Because if the Kundalini of such a so-called low is awakened, then bowing to social pressure, one will have to give due respect and credit. Therefore, the so-called learned class must have spread the illusion in the society that one should not reveal his Kundalini awakening in front of anyone, so that neither bamboo remains nor flute can be played.

When we do yoga while holding our breath, the body's instinct to rotate the energy starts itself so that the whole body can get enough oxygen. Yes, this is also a reason. The second reason I mentioned earlier is that by holding the breath, the direction of movement of energy itself remains upwards.

There is no difference between simple awakening and Kundalini awakening. There is a feeling of complete soul in both. In Kundalini awakening, that realization starts from the Kundalini through the Kundalini yoga practice may be artificial or natural whatever. Another type of awakening can be from Vipasana, from emotional shock etc. It is difficult



to happen. Because the mind has to be emptied. Kundalini awakening is easy, as it does not require the mind to become empty. In this, the Kundalini itself is made so strong that it unites with the soul and manifests it. Anyway, by staying in the world, the Kundalini method is the best, because the inclination of man in the world is only towards the tendency, not towards retirement.

Personal or intimate knowledge is hidden in the Hindi translation of the Sanskrit Puranas. It means Sanskrit is more mature language. In Sanskrit it is clearly written Retaah in the Shiva Purana, which is written as Kamvasana or lustful behavior in Hindi translation. Well it means semen. Retashchurbindu:, means 4 drops of semen. Nowadays every type of knowledge is available on internet. That's why it's not necessary to hide the Kundalini knowledge. If it's kept secret, then people will collect wasteful knowledge and could harm themselves.

People say that they are bothered by the remembrance of the past events. In fact it is superficial remembrance. They really don't remember. It is an remembrance full of attachment and duality. The real remembrance is of feelings or deep emotions. There is no attachment in it that's why too joyous. It arises from the practice of deep contemplation or dhyana yoga.

Hatha Yoga without Raja Yoga is much less efficient. First, the Kundalini matures in the mind through Raja Yoga or simple meditation, then Hatha Yoga will be needed to give it additional strength. If there is no Kundalini already, then force from hath hoga will be used up to superficially express kundalini. It will not get any extra strength. Awakening itself is the extreme meditation or dhyana of the mental picture. This picture got its name Kundalini from its association with sexual energy. Sexual energy resides in the Muladhara Chakra. This energy is generated there and gets destroyed there. This is called by the serpent pressing his tail in his mouth. Meaning that the energy generated from the tail (subtle Bindu-energy generated on the vajra-tip) of the serpent reaches his mouth, which he spews out near the tail. It's like seminal discharge. This serpent is a nadi or channel, which after completing two and a half rounds is there like a coil. When I understand the secret of this two-and-a-half coil, I will tell you completely. However, when the circle connecting the front and back Swadhishtana chakras is meditated together, the Kundalini energy ascends in the sushumna more efficiently. I will also understand the meaning of two and half turns. That is why the combination of the energy flowing in it and the meditation picture of brain is called Kundalini. By becoming a Kundalini, the coil or kundali of the serpent opens up and starts standing upwards. It denotes the association of top (mental image) and base (energy). It also means to carry the life energy up from the mooladhara through the path of the sushumna to the sahasrara. This is a kind of Bindu conservation and transmutation itself.

There is no physical means of development of consciousness above the human mind. Then it is the soul itself, the storehouse of infinite consciousness. The superhumans depicted in movies, novels or comics are actually supposed material alternatives of a person with Kundalini awakening. Since Kundalini Shakti cannot be expressed in physical form, therefore such great human beings have to be imagined. This happens not only today, but also happened in the past. For example, mythological characters like Hanuman, Narada, Bhima etc. looking like superhumans are physical manifestations of a kundalini-man.

What it comes to is that Kundalini awakening occurs only when the life energy moves in the Sushumna. That is correct. In it, both the left and right brain become equally active with prana. From the left brain worldly deeds are done, and from the right one keeps an eye on the void. The combination of both gives rise to powerful Advaita. Kundalini manifests rapidly through it. In Sushumna, prana energy runs in central channel. It gives the impression of Advaita and Kundalini for both parts of brain are equally covered from

there. Jagran or awakening happens only when it also gets tantric sexual power along with it. In this the whole brain vibrates equally.

Many people feel the Kundalini energy stuck here and there in the body, such as in the shoulders etc. This makes them feel restless. Actually it is due to the rise of energy through Ida or Pingala Nadi in the back. The Ida passes through the left part and the left shoulder and the Pingala passes through the right shoulder. Energy should not be disturbed. Wherever it goes, let it go. After fulfilling the energy requirement of the part suffering from lack of energy, it again comes to the central nadi and starts revolving. To bring this quickly, one should simultaneously meditate on the Agya Chakra, the touch of the tongue to the palate, the Swadhisthana Chakra and the Mooladhara contraction. Keep meditating on these points as many as possible, even changing focus from one point to another as per ease. Actually, these points act as foot ruler to mark central straight line or channel for kundalini to run upon. Simultaneously, the focus should also be on Kundalini energy. The rotating Kundalini energy is good, not standing or blocked at one place.

The main reason behind the yoga reducing the body weight is Kundalini meditation and not physical exercise. Very little energy is spent by keeping the legs and arms bent. Due to the contraction of the muscles created by Kundalini meditation on the chakra, the excess accumulated fat of the body dissolves, which leads to weight loss. With practice, this Kundalini mediated contraction starts forming throughout the day.

The love that grows by hugging, it grows only by sharing their Kundalini with each other. Everyone loves their Kundalini the most. When one comes in close contact with someone, an imaginary pose is formed like an incomplete yab-yum, in which the Kundalini ascends from one body, and descends from the other. In this way a Kundalini energy loop is formed covering both the bodies. This same happens during god worship, sun worship etc.

## Kundalini Tantra accepted as scientific by lord Shiva

Friends, it comes in the Shiv Purana that when goddess Parvati spent a lot of time with Shiva in the divine forests, mountain ranges, she became completely satisfied. She thanked Shiva and said that she is now completely satisfied with the pleasures of the world, and now wants to cross this world knowing its true nature. Shiva told Parvati the best way to worship Shiva. He said that a devotee of Shiva never perishes. Whoever harms the devotee of Shiva, he definitely punishes him. He also told the nature of Shiva bhakti. Told physical methods of worship, archana, pranam etc. Told mental methods like sakhya, dasya, surrender etc. Then said that one who is completely devoted to Shiva, dependent on Shiva, and is always immersed in his meditation, he is most dear to him. **He is compelled to help such a devotee, even if he is of sinful and ill-mannered morals and thoughts.** He has described Shiva-bhakti as the greatest knowledge.

## Parvati's walking with Shiva is the creature's pleasure with the help of the soul

In reality, the creature is the form of Chittarup or mind form. The creature here is Parvati, and the soul is Shiva. The thoughts of the mind shine through the power of the soul, it is written in the scriptures and as experienced by enlightened beings. It has not been explained properly. People think that the power of the soul is infinite, so if the mind has taken a little power from it, then what will be the difference. But it is not so. The soul itself becomes darkness by giving its light to the mind. It happens in the same way as the mother herself becomes weak by giving her strength to the child in her womb. Actually this does not happen, but due to illusion it appears to the living entity. For this reason, Parvati's mind was filled with illusion while enjoying with Shiva. Feeling the deep darkness of her soul, she wanted to cross that darkness forever. It is a psychological fact that unless a man experiences the problem in a tremendous way, he does not try to solve it in a proper way. That is why experienced people say that only after drowning in the ocean of the world does the desire to go beyond it arise. Therefore this tantric theory is a scientific truth that tendency is very important for retirement. Without tendency, the way to retirement is not easily found. Therefore, by being tied in the strings of rules and dignity, one should make a lot of merry in the world, so that the mind gets bored with it and finds a way to go ahead of it. Otherwise the mind may remain entangled in this world. Many are so sharp minded that listening to the tales of others' luxuries, they enjoy themselves to the fullest. Some have to experience them themselves. Kundalini is considered to be Shiva, and Kundalini yoga is considered to be devotion to Shiva.

## Kundalini also has the same benefits, which Shiva has told through his meditation

Shiv Purana has called this meditation image as Shiva by not saying Kundalini, because this Purana is completely devoted to Shiva only. Therefore it is natural that the sage, the author of Shiv Purana, would like that everyone should make Lord Shiva as their Kundalini. According to the above Shiva words, Kundalini Tantra is the most scientific, effective and progressive. **Sinful and ill-mannered attitudes are also seen in Tantra from outside, although there is also a powerful Kundalini along with**

**it.** That dazzling Kundalini sanctifies them. Not only Shiva's grace is received by the intense Kundalini Shakti, but material progress is also received from material Panchamkars etc. By getting many benefits from this together, spiritual development happens faster. Shiva himself also seems to be of ill-mannered behavior from outside. Prajapati Daksha had done a great insult to Shiva only by imposing this stigma. In fact Shiva is an eternal personality. What happened to Shiva, is happening to people like him even today, and will always happen. For the creation of eternal character, the wisdom of the sages has to be admired. On the other hand, ordinary Kundalini yoga has a lack of physical energy, leading to a very slow spiritual growth. Where Shakti resides, there Shiva also resides. They always stay together. That is why it comes in Shiv Puran that contrary to popular belief, Shiva and Shakti or Parvati are never separated. Sometimes they make a closer relationship with each other, and sometimes they stay at a distance while telling stories to each other. Their close relationship means a man's state of Kundalini awakening or samadhi, and a short distance apart means man's general worldly state. I have experienced all these benefits of Kundalini Tantra myself. Once I had a pain in my ear. I took many medicines in vain. I was having the opposite effect. Then I handed over all the responsibility of my ear to Kundalini. I completely surrendered to Kundalini. The very next day the homeopathy doctor himself dialled and told me a small recipe, which made the pain disappear. And there were many benefits from that medicine. Once a misunderstanding made my many enemies. I became completely dependent on Kundalini. By the grace of Kundalini, I kept on progressing, and they kept watching. Eventually they repented. Repentance is the greatest punishment for sin. My son was fragile and sick since birth. Inspired by Lord Shiva, I took shelter of Kundalini for his health. To please the Kundalini or say that to make the Kundalini shine additionally, god Shiva also made some small humanly tantric tricks through me. After that I started getting success in my business and my son also started growing like full moon.

## **There was never any mass dispute among Hindus about spirituality**

Kundalini meditation is Kundalini devotion. The same remembrance that remains in the mind through devotion remains by meditation or dhyana. In order to make the Kundalini famous for their influence, there has been a competition from the beginning between different sects and religious sects. In Shivpuran, there is a story to tell Lord Shiva to be superior to Lord Vishnu that once Lord Shiva kept a big throne in his cowshed and made Lord Vishnu sit on it. After that the cowshed inside the supreme abode of Lord Shiva became the Gauloka or cow abode of Lord Vishnu. These were lovable and humorous narrations proving their superiority, they did not contain hatred, in contrast to the fanatical (like jihadists and other forcefully converting religious groups) mentality since the Middle Ages.

## **Partial idealism is also responsible for the decline of Hinduism**

Sharing the true experience of spiritual achievement with the public was treated as arrogance. The spiritual achievements of life were covered by the description of the transience of life and death. On the other hand, those who made material progress kept on demonstrating their achievement without hiding anything. People also kept spreading their fame. It was not considered as arrogance. Because of this the real spirituality shrank. Fake spiritual people came forward to take advantage of this shortcoming. They introduced spirituality with a tinge of materiality, which was accepted by the people. That too people did not find as arrogant. Due to this spirituality fell further. In this way, no one considers himself to be self-knowledge or a kund. In this way, anyone can call himself enlightened or Kundalini-awakened. If one has actually attained enlightenment, he

should always present his apparent experience to the whole world, so that it can be matched with the original, classical, and universal experience. Such an experienter keep on discussing, reasoning and proving its veracity related to that experience throughout his life. At the same time, his spiritual development also continue throughout his life. He remain dedicated to awakening throughout his life. Only then can it be considered that the experience of such a person is real experience. Many people have experience of awakening that lasts for four days.

# Kundalini Tantra highlighted by popular film Bahubali

Friends, I was telling in a previous post that the superman is conceived only to express the Kundalini-man. God Hanumanji once showed an adventurous act just like the Rocket Man of the old days. When a cloth wrapped in oil wrapped in his tail is set on fire in Lanka, he starts flying like a rocket, and burns the whole of Lanka by fire. The reality which is related to the superman of today is also associated with the superman of old times. The difference is that the ancient sages deliberately used to give physical manifestation to the Kundalini-man, but this is happening unknowingly from the intellectuals of today. I saw Baahubali film along with my family on the cutting edge big screen around my Kundalini awakening. Maybe it too has a hand in my awakening. This originally Tamil film dubbed into Hindi was dominated by a fictional superhuman named Bahubali. The literal meaning of Bahubali is 'one who has great strength in his arms'. He would carry a stone Shivlingam weighing hundreds of kilos on his shoulder, single-handedly defeating the entire army of enemies, and flying the boat like a divine plane and romancing his beloved princess on it. The past, present and future three ages were seen united in that film. There was a strange grandeur in it, which can be said to be very old, and also very new. The animation techniques, realistic visuals and lively acting, the combination of all three, was excellent. Songs and music were also seen touching the depths of the soul. A romantic song begins when Bahubali, standing in the water, makes a bridge of both his arms and passes Devasena over it and sits in a big beautiful boat. This scene shows the first teaching of the Kundalini Tantra that men and women have an equal place in Tantra, and women are also revered as goddesses and gurus. The romance of Bahubali and Devasena is shown on a flying boat. Actually it was a boat with sails that was floating on water. Passing through the beautiful coastal hills, the boat reaches the deep sea. This means that the aftermarriage romance of the two starts from a light voyage to a deep responsibilities of worldliness. There their boat starts to wobble due to big storms. This means that their lives being the basis of their mutual love begins to be threatened by worldly entanglements and problems. Then Devasena with a charming smile and making some cryptic gesture releases pink color from her hand which turns the whole water pink. There is a deep meaning hidden in it. I had also told in the previous post related to the love journeys of Shiva-Parvati that unless a man is badly trapped in the ocean of worldliness, he does not try to get out of it. Pink color is actually a symbol of feminine love. It spreads in the water, that means only through the world can the love of woman reach its target, not by running away from the world. The sea and its waters here symbolize the world. The second Tantra oriented meaning follows from this that the woman is the master or guru of tantra to initiate it. Inspired by her surrendering love, Baahubali also passionately emits a blue color from his heart and hands, which spreads all around. Blue color is a symbol of male-love. These two colors mix together. This means that the love (Kundalini) of both of them mixes with each other and everything around. Then the ecstatic Bahubali spins the steering of that boat and puts it on the flying gear, which makes its sails wings, and the boat starts flying among the clouds. Flying gear here means tantric yoga, and from it the kundalini rising above the heart chakra and moving towards the agya chakra. There is also a whole gathering of people on boat playing songs, dancing and providing services to the couple. It means that all people become associates of Kundalini Yogi by being attracted by Kundalini. It also means the Kundalini is accompanied by all pranas. These facilities denote pranas here. The clouds are shown running and snickering in the shape of horses. These are actually the senses, which are at the peak of their activity by the tantric Kundalini energy. Flocks of white birds like storks are shown flying and chirping. These are also symbols of a mind full of enthusiasm. The mind or soul is also called a bird. Anyway, the senses are depicted in the form of horses in the scriptures. By showing the sky like a pond, bunches of lotus flowers have been shown in it. Along with this, the moon also looks like a beautiful ground object, on which flowers also grow. The clouds start wrapping in beautiful figures on their boat on pillars, stairs etc. This means that after the

Kundalini or the mind enters the Sahasrara Chakra, all ground objects and ground expressions begin to appear divine. The land and the sky become one. The muladhara and the sahasrara become one. The cloud is also its symbol, as it contains parts of both the land (water) and the sky (air). That's why the clouds look pleasing. The mind is filled with non-duality. Everything seems the same and full of joy. It is this tantric kundalini adventure, which is thus depicted as a boat soaring in the celestial garden. Otherwise, how can anyone show the Kundalini joy of the mind? Bahubali and Devasena turn the ordinary romance into a Kundalini romance, bringing their Kundalini to the Sahasrara Chakra. It is shown by flying in the height of the clouds. What is a romance wrapped around a tree? The filmmaker's philosophical imagination has to be praised. In a single song having above told sceneries appears to have contained complete tantra philosophy. It is possible that my subconscious mind was imprinted with the movie Bahubali, and unknowingly my attraction towards Kundalini Yoga has increased. And most of the scholars believe that Mahamanava or superhuman is nothing but a Kundalini-human. Well, I am not reviewing the film here, I am writing on a case-by-case basis.

## Kundalini yoga and the zeroed void~ busting the common myth

*Kundalini Tantra appears slightly different from Patanjali Yoga as the mind zeroing is not the root goal in it.*

Friends, Patanjali has said, Yogashchittavritti nirodha. Its literal meaning is, "yoga is blockade of mental waves". This means that Patanjali would have attained awakening by vacating the mind, that is, through Vipassana. He might have achieved Kundalini awakening by accident or through a sudden and strong effort. What happened that with continuous Kundalini meditation, the work of Vipassana continued. Old ideas began to emerge and becoming dim before the Kundalini. They kept on disappearing and the void kept increasing. When there is absolute zero, suddenly the energy ascending from the mooladhara is felt as samadhi. This is Kundalini awakening. In this, the help of Tantric sexual power and other tantric methods was not taken. I have also mentioned this in a previous post that when due to some emotional shock the mind suddenly becomes emptiness through thoughtlessness, then suddenly the river of energy from Muladhara rises through the back to the Sahasrara. The same thing happened to me for the first time, which I have already described. There is nothing mystical or wondrous in this. This is a pure scientific phenomenon. That is why this incident would not have been bound by the boundaries of religion and lifestyle. It can happen with anyone. Just as lightning emanates from the clouds and falls on the ground due to the increase of the potential difference or energy difference between the cloud and the earth, so it happens between the brain or the sahasrara and the muladhara. When energy is accumulated in the Muladhara through Tantra Yoga, and when due to some mental shock or emotional shock, the energy of the brain suddenly decreases, then electricity falls from the Muladhara to the Sahasrara. That electricity passes through the center of the spinal cord. This is called the awakening of Sushumna or Kundalini awakening. That mental shock can come from being victim of infidelity, deceit, trouble, frustration, etc. That energy awakens the thought of the mind, that is, it creates samadhi. So this means that Kundalini yoga should be done daily. Do you know when a state of mental shock will arise? The possibility of awakening from this will be more only when all the chakras especially the Muladhara chakra are energetic. At the same time, Kundalini yoga will also keep all the nadis or channels open, which will facilitate the movement of energy. The special thing about Kundalini is that it's created and strengthened so that zero can be easily attained. What happens with Kundalini yoga is that Kundalini is more effective than all other thoughts. This means that Kundalini becomes associated with all thoughts. As soon as the Kundalini is destroyed by a mental shock, all the thoughts associated with it are also destroyed immediately. If there is no Kundalini, then it becomes almost impossible to destroy all the hundreds of different thoughts. That is why it is said that awakening comes only to those whose Kundalini is activated. Same happened with me. I was doing Kundalini Yoga for many years. Then there was an online meeting with old

classmates. I became very happy. Then for some reason I felt infidelity towards myself which caused a strange mental and emotional trauma to me. That mental state was full of joy and emptiness. I felt as if the Kundalini working since so many years was being destroyed. I became empty, and lightheaded. The potential difference between Mooladhara and Sahasrara increased greatly because my Mooladhara chakra was already very active with Kundalini Yoga. I felt a dazzling streak of energy running up my spine and connected to the Sahasrara. There was also an impression of a slight awakening, not a complete one. Although I was half asleep at that time, and in the same state of somnolence, I felt emotional tears pouring out of my eyes during the night. The momentary enlightenment was also obtained from this type of emptiness once upon a time near my teenage stage of life. But I do not find this method of emptiness suitable for a person living in the world. This makes the man like an escapist. I don't even think this is a scientific method. Emptiness is felt by many people, but samadhi or awakening is felt by very few people. People try to achieve a state of emptiness even from intoxication. My first method of awakening sounds like emptiness to people, but that too was not completely emptiness. That too was an all-round tantric method. Although that was a little less tantric than the second awakening method. Whenever I was inclined towards awakening, or I used to remember awakening, even the most so called scholars used to think of me as an escapist person and make me a victim of mental boycott, let alone the common man. I do not know why people consider awakening to be zero. This is due to the neglect of Tantra Science. Now tantra science seems to be lost to me. According to the basic principle of tantra science, both awakening and worldliness run together with proper quality and with proper speed. It is very similar to Karma Yoga.

I don't know why I feel deep inside that the emptiness method of kundalini tantra is like a coward's way. I don't know why it seems to me like a method of the beggar and the helpless. For this you have to live with the help of others. When someone gives emotional trauma, then there will be awakening. Can't even thank him for the emotional trauma he inflicted. Strange concept. Maybe I think so, because everyone's body structure is different. These are my own thoughts, and have arisen on my own experience. I am not presenting any theory. When a man is beaten from all sides, then only emptiness will be felt, and there will be awakening. Being beaten up means emotional trauma inflicted by someone. There is no difference between the two. Rather, emotional trauma is worse than physical beating, because it causes beating to the depths of the mind and soul. It is because of this beating principle that this proverb has become popular, "Whose there is no one, there is his God". In this way man also harms his body too often. He does not take balanced diet, does not lead a balanced life. He suppresses the body a lot. This is so that the effect of emotional trauma is maximum. Be more, he becomes more and more void. Because if a man gains strength from a powerful life, he will move here and there to escape from emptiness. This method is like extracting a diamond from a coal mine. This is the way I see mostly popular. I think this method works only in special circumstances, but people have made it general. Actually it is the goal or the end, but people have made it a means. This void is generated by itself in the peak state of cultivation, but people do it by creating it willfully without doing spiritual practice. Actually it's like a virtual zero, not a real zero, but people try to prepare a real zero for themselves as a nest to sit in. It is like a luminous, blissful, conscious and Kundalini-filled void, but many people mock it as dark, sad, and inert void without having Kundalini. This void lasts for a very short time and is destroyed by awakening, but people keep it constant and lock their mind as well as senses as if in a locked room. Rarely will you find awakened by it even by searching. Secondly, even people awakened with the Tantric Kundalini method of heroics and kings are rarely seen by me. Because people don't practice it in proper way and openly. There remains doubt in their mind always. Doubtful being perishes. In this method, their ordinary everyday practical life is not brought down, but the Kundalini is raised so much by the Tantric power, that the whole material life in front of it becomes like a void. It is like fading of a lamp in front of the sun. Then material life doesn't matter much. There is no need of becoming actual zero. There are only two ways to make the Kundalini-Sun shine over and above the world lamp. Either extinguish the world-lamp in front of weak kundalini sun, or make the Kundalini-sun shine so much that the world-lamp becomes faint. With this, physical and social life



also progresses simultaneously. This is because Shakti does everything, physical as well as spiritual. To tell my point, I was very active in the worldly life during my kundalini yoga and Kundalini awakening. I did not run towards any cave in the forest for Kundalini awakening. I was reading a famous book on Kundalini by a famous yogi. In it he says that he left the metropolis and practiced meditation for many months in the deserted and terrible forest of the Himalayas. At last he saw in his mind a clear picture of a spider weaving a web. When he opened his eyes, it was the same scene outside. Then he would write that after completing his sadhana, he came to his home. Although it was very high level of concentration, but there was no mention of Kundalini and Kundalini awakening in the completion of sadhana, for which that book was basically written. Don't know what was the perfection of that sadhana? So much struggle to see spider webbing through mind? I am not criticizing anyone here, but I am putting forth the facts. Spiritual growth also stops when one does not scrutinize facts for fear that it may become a criticism of others. Similarly another gentleman writes in his famous Kundalini book that he used to do Kundalini sadhana in a lonely, deserted dark room in ruins. Several months later he felt an egg-like cracking at the base of the back and a luminous fluid rising up the center of the back. With this experience the Kundalini book ends. Although it was an amazing experience, but nothing was concluded about Kundalini and Kundalini awakening, for which that book was appearing dedicated externally. I was walking shoulder to shoulder with a fully developed and civilized society during the glimpse of my Kundalini awakening. I was following my worldly duties and responsibilities as earlier. Enjoying state-of-the-art facilities. In a state-of-the-art vehicle, I with my family was enjoying the tour of state-of-the-art routes and places. The family governed by my love would often go on long drives to watch high quality movies on the state-of-the-art big screen. We enjoyed the views of both natural and artificial nature to the fullest. What more, I was fully participating in international Kundalini forum. Now, what can be more worldliness than these all. I have never felt alienated from the colorful world. Didn't even feel much affection together. Along with the dazzling world, Kundalini was also kept shining the most by tantric power. Due to this, the whole shining world remained faded in front of the non-dualistic Kundalini that was shining fully. From Advaita everything seemed the same. Perhaps driving and touring also has some contribution in creating Advaita. Kundalini was staying always in the brain. It seemed that everything was inside the Kundalini. This does not mean that Kundalini awakening takes place only by such indulgence. I am just giving example. You can call the first or emptiness method of kundalini awakening as the negative pressure method. This means that the vacuum of emptiness in it sucks the kundalini energy upwards. It's like sucking up the juice through a straw, or the vacuum cleaner sucking up the dust. Similarly, the second tantric method of Kundalini awakening can be called as positive pressure method. This means that the Kundalini is pumped forcefully from the bottom to the top with the help of tantric forces. It is as if the river water is pumped up to the top of the hill by an electric motor pump. Many people make a balanced use of both methods. They also create a little void in the brain, and provide additional force to propel the Kundalini energy up from the Mooladhara as well, through a tantric-powered Kundalini pump. Perhaps this was my way of getting glimpse of Kundalini awakening. I got little virtual void through nondual lifestyle. That's why it happened so easily. Of course it was a ten second glimpse of Kundalini awakening, but it was Kundalini awakening. There is essentially no difference between a liter of water and five liters of water. That glimpse didn't end because I didn't deserve it or I longed too much for it. I intentionally ended that glimpse myself. This is because I did not want to enter the transcendental dimension. I was disheartened from my previous experience. There is no respect for this dimension nowadays. Such a man is considered a lunatic and an escapist. The scientific and progressive thinking of such a man is suppressed by the over orthodox and over materialistic notions of different types together. People with such notions and beliefs understand that this or that attained awakening just while sleeping in the dark pit. They don't understand that this man has to go through many physical struggles for it. This being has received the title of zero when it has achieved the top material and social achievements, and it is ready to enter the progressive material world again, but with awakening. In fact, awakening is such a strange transcendental dimension, which is not visible to anyone, only the void is visible. Similarly, most of the people do not know that the Kundalini which is necessary for

spiritual development, the same Kundalini is also necessary for material development. If the joy of awakening comes from the Kundalini, then material enjoyment and luxury is also available with the help of Kundalini. They continue to feel Kundalini, because no one can deny their experience. But they do not know in detail about it. It is as if a person ignorant of sugar can feel its sweetness, but he does not know about it in detail, such as what is the color and shape of sugar, where it came from, how it is made, how it works, what are its benefits, and where else is it used. After awakening, a man's even own dearest people become aliens to him. Because he's transformed. No one understands the depth of the heart of such a man. In many cases even best friends become best enemies. Man takes revolutionary steps by the hand of divine power. He's not an angry revolutionist in fact, but a rebellion, a peaceful social worker. But the ordinary people consider him revolutionist for their attitude is like that. One should read difference between revolutionist and rebellion by Osho for details. There is always a danger to life. I myself have experienced these after my first awakening. Even after doing so much, if your people become alien, then what is the use? That's why we should have full fun in this world openly. The more foolish one is, the happier he is in this world. Only fool is free of transformative shocks. He has all his own. Balance of materialism and spiritualism is the best. Middle path is the best. These are my own views, that's why I am writing on my personal blog. This is not a story telling or preaching blog. I think the Kundalini method with negative pressure is for those who are weak, sick, old, powerless and away from worldliness. The method of Kundalini sadhana with positive pressure is for those who are strong, healthy, young, energetic and immersed in worldliness.

The real and scientific method is tantric Kundalini meditation. In this, not the emptiness of thoughts, but the high intensity of thoughts (Kundalini thoughts/pictures) is used to raise the energy-river of Muladhara. So it is a humane and loving way. This is a practical and secular method, which is suitable for everyone. This method is best for materialistic type of people. On the other hand, the method of emptiness seems like a wild way. I think that perhaps the nature of some Hindus must have been escapist due to the misunderstanding of this basic sutra of Ashtanga Yoga of Rishi Patanjali. Although both methods are Kundalini driven, There is a small important difference, which people cannot easily see. In the Kundalini method of emptiness, emptiness is created from the Kundalini. It takes a lot of time. It also does not resort to tantric sexual force. This is a pure Ashtanga Yoga or Raja Yoga method. In the Tantric Kundalini method, the Kundalini is strengthened so much by giving Tantric sexual force that the Kundalini bypasses the void and directly draws the energy-river of Muladhara up to the Sahasrara. That is why Tantric Kundalini awakening is always experienced starting from Kundalini. Awakening with emptiness can be triggered by any thought or picture, although most often begins with the Kundalini, and the Kundalini plays a greater role because of its habit of meditating. During the awakening of Tantric Kundalini, a man is having fun in the world, and is roaming around. But during Kundalini awakening with emptiness, he is lonely, retired, and depressed in the eyes of the world. It is not easy for a social being to create emptiness. If it is born, it is not easy to maintain it, because it is not that one can be awakened as soon as emptiness is born. I think that this void sadhana is also responsible for the slowing down of material and intellectual development in Hinduism. Patanjali's notion of blocking Chitavritti or thought wave, or the cessation of thoughts of the mind, would have led people to imply that the less use of the mind, the quicker and better the awakening. But they may not have understood Patanjali's esoteric idea, according to which Kundalini practice itself creates emptiness, no need to deliberately hold the mind hostage. In Patanjali Yoga, an attempt is made to brighten the Kundalini picture by increasing the darkness of the background scenery of the mind with mind restraining methods like Yama-Niyama etc. To give additional energy to Kundalini, there is no provision for the consumption of energy-dense substances such as tantric Panchamkaras. Whereas in tantric Kundalini yoga additional energy is provided to extra shine the Kundalini and also to increase the brightness of the background scene. Simultaneously, the brightness of the background scene is also transferred over the Kundalini by tantric techniques. This does not affect the worldly luxuries either. However, it's a universal truth that something is better than nothing. I mean, in whatever human way awakening is available, it should be grabbed.



# Kundalini is hungry for sentiments of love, respect, and surrender that are worth gaining through Yoga or social relations or both together

*The story of Shiva-Sati and Daksha-yajna of Shiva Purana showing the supreme importance of Kundalini Yoga*

Friends, this week I got a new insight. There is a famous story in Shiv Purana. Prajapati Daksha, who was the son of Brahma, got his daughter Sati married to Lord Shiva, inspired by Shiva's desire and the recommendation of his father. Once a meeting of sages and kings was taking place at a place of pilgrimage. Lord Shankar was also sitting in that meeting. Then Brahma also came there. Everyone stood in his honor and bowed to him. But Lord Shiva remained silent. Due to this, Daksha got very angry with him, and started calling him good and bad. The matter did not end there. The fire of anger and revenge in Daksha's mind was not extinguished. So he organized a huge yagya to humiliate Shiva. In it, he called all his relatives, all the gods of creation and special people except his son-in-law Shiva. When Sati saw her sisters going somewhere dressed up, she asked her friend where they were going. When Parvati came to know about her father Daksha's yajna, she went to her husband Shiva and asked her to go. Shiva told that Daksha is hostile to him, so he did not call him intentionally. Sati then said that according to the scriptures, no invitation is needed to visit the father, guru and friend. Then Shiva replied that her point was right, but Daksha's point was different, he would insult him there and insult done by loved ones is greater than death. But Sati did not agree and went there. Seeing no place and part of her husband Shiva there, she became very angry and started reprimanding her father Daksha. Sati described Shiva as the real and greatest deity. Daksha did not talk to her nor did he allow others to do so. Then when Sati did not remain silent, then he called Shiva against the Vedas, who lives with the ghosts and named Sati as wife of the filthy Shiva. Then Sati, thinking what face she would show to Shiva and what would she answer when he would call her Dakshayani or Daksha-daughter, gave up her body through the science of yoga and entered the fire of Yagya. Due to his grief, 10,000 Shivaganas in anger amputated their limbs with their weapons and died. When the remaining ganas attacked the Yagya, they fought with the Ribhu Devas who were created by the sages from the Yagya. At the same time there was Akashvani or space call which started reprimanding Daksha. He described Sati as the mother of all, the creator of all creation including the sun and moon, the most beloved of Shiva, the half-body form of Shiva, the giver of wealth and liberation, the giver of all happiness, and the most respected. He reprimanded Daksha for not respecting Sati. At that time the Ribhus drove away the Shiva ganas, but later the other dreadful ganas of Shiva came and destroyed the Daksha yagya. That Sati became the wife of Shiva again in her next birth by the name Parvati.

## Kundalini Shakti is depicted as Sati, the working mind Brahma, and the ghostly soul Shiva

Now let us understand the secret of the above story. Actually Kundalini is Goddess Sati. Shiva is like the void sky. Both get their power by staying together. Being apart is the same as not being. That means both live together. Shiva gets his radiance from Sati.

From Shiva, Sati attains stability or eternality or immortality, and omnipresence. Now here are some philosophical issues that are often overlooked. Man does great religious work, but ignores Kundalini Yoga. Such people are like Prajapati Daksha, who has to go to hell like him. The importance of Kundalini Yoga is hidden in this story. Brothers, what is Kundalini now, the same question arises in every post. There are many pictures in my mind. Now who should be considered as Kundalini? So the answer becomes that during Tantric sex yoga or Panchamkar yoga, which emerges most strongly and easily in the mind, that picture is Kundalini. Because Kundalini is formed only when a picture of the mind connects with the sexual energy located in the root. That picture is a Kundalini picture, not a normal picture of the mind. The second hallmark of Kundalini is that with it the emptiness, and the vastness, also dominates within the man. It is Shiva or the soul, who is said to be the companion of ghosts. Ghost is also called death. Emptiness and wideness are the main attributes of death. Due to this Shiva or the soul became the companion of the ghosts. The third identity of Kundalini is that it is a pure mental picture. It means that it is not available in physical form. By meeting it in physical form, that picture does not remain Kundalini, because thousands of defects are visible in material things. Where will the thing with defects be able to shine in the mind? That is why the mental picture of a deity or a guru is made Kundalini. Due to the special respect to the Guru, the fault is not visible in the physical form of the Guru. The fourth identity of Kundalini is that when a non-dual feeling arises in the mind, only a single Kundalini picture starts shining rapidly in the mind. This happens because Advaita Bhava is the same as zero sky. Meaning it is Shiva Bhava. Sati will reach there by any means, because she is in the form of half the body of Shiva. If still you do not know the Kundalini, then I cannot do anything. Hahaha. The same is written in Shiv Puran which I was talking about in the previous posts that Kundalini, along with spiritual liberation, also provides material progress and enjoyment. The whole world is in the form of the mind only. What has been said that the whole creation that originates from it, it is all the sprawling of the mind. The whole creation is only in the mind spread inside this football-shaped head, there is nothing outside. And brothers, being the most important representative of the mind, we can also call Kundalini as the mind. So does it not happen from Kundalini itself, the origin and destruction of the whole universe. Daksha here symbolizes the secondary or officiating or working mind engaged in action. He performs various types of yagya to gain fame and merit in the world. He worships various types of deities. From it, Kundalini arises in the mind fuelled by the non-dual spirit. That is his dearest daughter Sati. Shiva wishes to marry her, meaning he induces Kundalini to awaken. It also comes that the pair of Shiva-Sati is eternal, they keep on separating only for the sake of Leela or drama, and keep getting married. That is why Sati became Parvati in the next birth and again became the wife of Shiva. It clearly means that the soul is separated from God, and also merges in him again and again. Daksha, respecting Shiva's wish, marries Sati to Shiva, which means Kundalini awakens, Daksha means the secondary mind, which is fully enjoying this marriage. Brahma also persuades Daksha to get Sati married to Shiva. It means that the one who is the main or original mind in the form of Brahma, wants to become as big as possible by increasing the creation within himself. He knows that in union with God he will become the greatest. That is why he inspires the busy mind i.e. Daksha for Kundalini awakening. Brahma here symbolizes the original mind. Then Daksha does not invite Sati to the Yagya. This means that after Kundalini awakening, the working mind does not perform Kundalini Yoga and gets busy with the worldly affairs. It is clear that even if Kundalini Yoga is not done after Kundalini awakening, then it is possible to fall. Then the one whose Kundalini has not been awakened, why should he not do it. Daksha did not call Shiva, meaning he did not imbibe non-dualism. Sati went alone to meet Daksha, meaning Kundalini comes again and again in his mind to see if she is respected or not. Shiva will come with her only when she is given respect i.e. by doing so Shiva will also be respected by imbibing Advaita Bhava as kundalini and nonduality remain together. The due respect to Kundalini or Sati will be given by Kundalini Yoga. Daksha did not respect Kundalini, meaning he did not do Kundalini Yoga. Sati committed self-immolation, meaning Kundalini was destroyed. Along with her, the Shiva following ghostly bodies also committed self-immolation, which means that many qualities of Shiva disappeared from the secondary mind or Daksha. Ganas or ghostly bodies can also be called beautiful thoughts. These reside with Kundalini, and are generated with the help or

background light of Shiva. The remaining ganas attacked the yajna, meaning worldly disturbances came from the wrath of the Lord. The Ribhus produced by the Yagya drove away the Ganas, meaning Daksha was saved from the merits of good deeds. Later even Ribhu Dev could not save from the great ganas of Shiva, that means at the time of death, Daksha's good deeds did not work for him, and Shiva also did not support him due to lack of Kundalini. Shivaganas severed Daksha's head, meaning Daksha had to die without liberation. Then Shiva put the goat's head on him, from which he started praising Shiva by making the sound of 'Bain-Bain' or 'Bam-Bam'. Meaning, due to the partial influence of Kundalini, Daksha was reborn as a devotee of Shiva, from which he became free while worshiping Shiva. Goat has no ego. It is the epitome of devotion, because it keeps memorizing its owner through bain-bain sound. It means that one who does not respect Kundalini by Kundalini Yoga, he becomes a devotee in the next life. Bhakti or devotion makes up for his lack of yoga. When a man cannot do Tantric Kundalini Yoga in old age, childhood and in the state of illness, at that time only devotion is his support. Through devotion, he keeps his mind constantly engaged in the Ishta or favored. I don't see any difference between love and respect. Love and respect are really like synonyms. True respect comes from love. Respect without love is respect for pretense or coercion. That's why there is a proverb in the Pahari or Hilly language, "Moond mek rau daal ni karaundi". This means that one cannot be bowed down through bending his head. Where knowledge ends, devotion begins. Lord Ved Vyas composed 17 Puranas. The knowledge of the whole creation and of God was filled in these. But he did not get satisfaction. That is why he composed the eighteenth devotional Purana Shrimad Bhagavatam in the last. Then his Kundalini stabilized, which gave him ultimate satisfaction. But doing devotion directly is also difficult. Real devotion comes only after knowledge. Those who are of loving nature since childhood, they appear to be Kundalini yogis of previous births. Kundalini yoga should not be considered limited to yoga with asana pranayama. It can also happen on its own due to natural reasons. There should be no difficulty in having respect for the Kundalini. It is a mental picture, a spiritual picture. There is no trace of physicality in it. Impurity is possible only in material things. The impurity is only physical. It is mostly made up of harmful liabilities (bodily filthiness, hatred, anger etc.). There is no physical object in the sky or in the void. That is why Kundalini is revered in any condition, no matter in whatever form it may be. That is why the spiritual or nondual person is made the guru in most cases, because he does not have impurities or defects like the sky. Nonduality is quality of sky. Blame arises out of selfishness. The sky does not need anything because it is imperishable, so it does not have faults. The characters of Doordarshan also seem dear and respected because they are as pure as the sky. They are nothing more than a picture made in the mind. They doesn't make any sense to us physically. There are many responsibilities associated with the physical form. That's why many people become so crazy about these characters that they do not know what to do for them. If such people do spiritual practice by making them Kundalini, then why not get success.

## Love, respect and Surrender is the backbone of humanity

The difference between love, respect and dedication is only there in the form of amount of emotion, although all three are the same. We also do love with children. Love for special people combined with respect makes it thicker. One also adds surrender to the very special and closest to the heart. This makes love of the highest order. Kundalini is like this type of very special being that's hungry for love or surrender of the highest order. Whatever we aspire to surrender to ourselves from others, we do it only for the sake of our Kundalini. I had seen the high level of dedication of people towards their inborn king Bahubali in the movie Bahubali. Movies with superhumans or superheroes are good because the Kundalini is strengthened by the incidents of surrender in them. Similarly, at the time of my momentary awakening, the people present there felt devoted to me. My Kundalini felt that sense of surrender and she was awakened. If I had not been doing Tantric Kundalini Yoga, they would not have been surrendered to the Kundalini in a

way and the Kundalini would not have been awakened by it. Female-love and romantic love increase the Kundalini, because there is surrender in it. If the romantic love is of a tantric type, then it inflames the Kundalini even more. That is why the scriptures are full of stories filled with devotion and love. Devotion is also surrender. That is why it is said that where knowledge is defeated, there devotion wins. It is for this surrender that love and courtesy are of great importance in Hindu scriptures. That is why Kundalini culture is an ideal humanistic culture, because it is full of love, respect and surrender, which are the main qualities of humanity. Ancient Aryan culture was one such ideal culture. People of today's generation take these things as a joke. That's why even a YouTube channel with a video game recording gets hundreds of thousands of followers in a few months, and this Kundalini blog full of knowledge and science has not even got five hundred in three years. I am not self-praising, nor do I intend to increase followers, but I am sharing the picture of the pathetic condition of today's society. I am nothing. I am just a mere ten seconds man, meaning all my spiritual experiences have been around ten seconds. Hahaha.

## **Lack of surrender can be filled with tantra yoga**

The prohibition of non-vegetarian and alcohol in Hindu scriptures is to protect this spirit of surrender. Poor pet animals are completely devoted to man, but man strangles them. This is just throttling the spirit of surrender. According to this, better than this is the hunting in the forest or lake. Poor creatures showing surrender will not be deceived. This is a philosophical rumination, not to be taken too seriously. Similarly, drinking also reduces surrender, because it causes a person to misbehave unknowingly. Panchamkari tantra science can work here. Tantra science does not expect much more from surrender. It by force subdues the Kundalini and awakens it. It is like subduing Kundalini by rape. However, there is some need of surrender, as I had, as I mentioned above. If surrender is to be completely ignored, then tantric yoga must be very powerful. By the way, when the body of a tantra yogi becomes weak and a higher degree of tantra yoga cannot be done, then ultimately he has to be dependent on devotion or surrender. This is the victory of devotion over knowledge here. Although he attains devotion very quickly, but then he has to improve his eating habits and conduct.

## **Complete surrender is the culmination of Kundalini Yoga in the form of awakening of Kundalini**

Kundalini yoga begins by forcing a loving relationship with the Kundalini. Gradually that love becomes easy. Then, over time, respect is also added to it, and it becomes stronger. With the passage of a lot of time doing Kundalini yoga continuously, devotion to Kundalini is also added with love and respect. Then finally the devotion to Kundalini increases so much that the Yogi becomes one with the Kundalini. This is called Kundalini awakening. Of course, Kundalini awakening can be gotten in one stroke through Tantra Yoga, but later on to make Kundalini awakening permanent, one has to go through this long sequence of yogasadhana. Therefore, whether Kundalini awakening has happened or not, everyone should continue to do Kundalini yoga. Those who have not done awakening, they get success soon, because they do not have the ego and are also fond of getting new experiences. There is not so much interest in getting the same experience again as it is in getting a new experience.

# Kundalini yoga assisted by writing

Friends, in the previous post, I was telling that how Kundalini is hungry for love. In spiritual scriptures, even God is said to be hungry for love. Actually God has been called Kundalini there. Together I was saying that today's generation is becoming unbalanced. They have plenty of time and resources for electronic videos, social media, and games. But there is no time and no resources for electronic books, webposts and online discussions. Leave aside their physical or paper forms, which are also necessary in their place. If these knowledge ways are of the spiritual type, then not at all. I had a chance discussion with the owner of a well-known bookseller's shop once on this matter. The poor was saying that electronic gadgets had greatly reduced the sale of books in his shop. Still, his contentment and tolerance have to be admired for he was saying that children should be kept away from mobile phones and other electronic gadgets with great love and not by scolding. The scolding will fill them with frustration and inferiority. Better not to scold them, let them use them, they will learn for themselves. Here we are not showing anything high or low. All we are saying is that all human things are needed in a balanced quantity. Balance is yoga, balance is spirituality.

## Real writer writes for himself

I always try to write for my intellectual development. A real writer writes for himself, not for others. Writing gives the brain a sort of external hard disk, to store data. By reducing the burden of the brain, it can think better. You already know how much contemplation power is needed for Kundalini Yoga. Concentrated or focused contemplation is Kundalini. Therefore If someone reads anyone's writing it is fine, if none read then too it is fine. What other people will benefit from one's writings from which the writer himself cannot benefit. If the world benefits along with his benefits, what can be better than that? You can assume that my writings have contributed immensely to my spiritual experiences. Many times it seems that if I had not had the habit of writing, I would not have had those experiences. Nowadays it has become a custom to exaggerate the prices of eBooks. But the truth is that they do not drain the physical resources of the author, such as paper, pen etc. Their Publishing is also available free of cost through Self Publishing. Only the intellect of the author is spent. But the intellect grows when it is spent. The value of a book is found in the form of wisdom and experience gained, then why to take another value in the form of money. It is also said that knowledge increases by spending. That's why in older days spiritual services used to be provided at free of cost or at no profit no loss basis. Paid ebooks get very few readers. Google Play Books and PDF Drive dot net are great platforms to buy and sell free ebooks. Within the last one year, 9000 copies of my ebooks on Google Play Books have been sold for zero price. Even among these books, the best sales have been made by the books prepared by compiling all the blog posts of this website. If they had been kept at a price, may be even nine would not have been sold. I am saying this because there are paid versions of these books (at the lowest price) on another platform, where only about nine have been sold. Google Play Books was also once experimented by keeping the minimum price of books, even then only 4-5 copies were sold in two or three months. The satisfaction that a writer gets from the interest of readers to his writing is not obtained from money.

## Hathyoga pradeepika is the classic treatise of hath yoga



From my previous writings, I learned this week why not to find universal proof of my spiritual experiences in the spiritual scriptures. So I started reading Swami Muktibodhananda's Hatha Yoga Pradipika. Read more than 15% of the book in two days. I was able to read so quickly because what I have been writing from my own experiences, more or less the same was written. Along with this, due to the holiday of Shri Krishna Janmashtami, enough time was also available. There was a difference of only two or four views. If I tell that difference, then it can be assumed that you too must have read that book, because you have been reading my posts from the very beginning. I will keep telling that difference in future posts as well.

## **Ida and pingala channels have been depicted as god Ardhnaareeshvara**

It is written in that book that the Ida Nadi rises upward through the left side of the back, but near top turns to the right and covers the right hemisphere of the brain. But I feel it going only in the left brain. Similarly the Pingala Nadi is depicted covering the right side of the lower body and the left side of the brain. But I see it going only in the right brain. The same is shown in the picture of Ardhhanarishvara, according to my viewing. There it is not shown that the lower left part of the body is that of a woman and the upper left part or brain of a man. Maybe there is some more philosophical or experiential twist to this.

## **Spiritual accomplishments may grow too by telling to others**

Another difference was that in that book it was said that the yogic accomplishments should be kept secret. I also believe that secrecy is fine up to one level, but not beyond that. When the mind is filled with awareness and one does not want to have any more experiences of momentary awakening, then it is better to make one's awakening public. Inquisitive people get to learn a lot from this. This actually happens by itself. A man who has little money, and is not fully satisfied with it, he hides it so that others do not ask for it. But when a man has unlimited money, and his heart is filled with money, then he speaks openly about it. This happens because he knows that no matter how much someone takes, but his money is not going to run out. Even if someone takes all his money, it does not matter to him, because his mind is already filled with money. Rather, he feels the benefit, because what he does not want, he gets chased for it. By the way, in today's scientific and intellectual society, spiritual accomplishments also increase by telling. This is because today's educated people move ahead by taking inspiration from each other's information. I feel that if I had not discussed my first spiritual experience openly on social media, I would not have had another awakening experience. Due to illiteracy and ignorance in the primitive age of old times, people would probably have jealousy and hatred of each other. Due to this, they would have pulled each other's legs without taking inspiration from each other's knowledge, only then there would have been a sway to hide the accomplishments at that time. I also found incomplete information about Kundalini. I will tell about this and more in the next post.

## **Kundalini is the visible creation, the energy continuum in Sahasrar is the God, and the dormant kundalini energy in muladhar is the dark energy**

### **The world originates from the mixture of Prana-Manas i.e. Time-Space.**

Then it is said in the previously told commentary of hatha pradeepika that the creation originated from the mixture of Manas Shakti and Prana Shakti. It also sounds like some philosophical ruse to me. It may be so in the physical form as well, but it is so in the spiritual form. When the life force reaches the brain, then the mental energy itself gets mixed in it, due to which we experience the world. According to “Yatpinde Tatbrahmande”, the same thing is happening outside. For some unknown reason, there is a stir in the sleeping force in the darkness of the void space. In it the psychic power gets mixed itself, because the divine psychic power of consciousness is present everywhere. This leads to the formation of fundamental particles. Possibly these original particles are the creators, that moving forward, create the entire creation. It is similar to the awakening of prana energy, which is asleep in the darkness of the mooladhara. That’s why they say that this world is sexual. Then Manas shakti has been called as desha or space and Prana Shakti as kaam or time. Then it is said that the original particles are being generated due to the interaction of time and space, as scientists also believe to some extent.

### **Dark energy is dormant energy**

Friends, even empty space is not empty, but it is full of mysterious dark energy. But it cannot be caught by any device. This is the greatest energy. We can only feel it inside ourselves. The universe keeps on forming and disappearing like bubbles in it. Maybe this is God. It looks like void because we can not feel it. Similarly, the energy that is sleeping in the Muladhara is also dark energy. We feel it as our void soul. We are filled with infinite energy at all times, but are unable to feel its light through illusions. It is considered in Muladhara because it is the most distant from the brain. If there is a great light of consciousness in the Sahasrara region of the brain, then the silence of unconsciousness in the Muladhara will be considered dark. On going down from the brain, the level of consciousness falls, which is reduced to a minimum at Muladhara. If one tries to meditate on Kundalini at a time when the mind is exhausted or filled with darkness of tamoguna, the Kundalini picture is formed in the lower chakras. There is nothing mystical in the ten seconds of momentary enlightenment that I experienced. It is pure scientific. The language style of Sanskrit is such that everything seems spiritual in it. In scientific parlance, you can call it “Experience of Dark Energy” or “visualization of Invisible Energy”. Similarly, the energy that rises up in Sushumna is similar to that of dark energy. That is why only very few people at very few occasions experience it, not all. However, it is not completely dark energy, as it is made up of subtle waves or the activity of micro-molecules. True dark energy consists of nothing but void, yet it contains the light of countless universes. In an earlier post I wrote about how I once felt my

departed grandmother's soul or dark energy in a dream visit. It was as if there was a sky full of bright light, whose light was covered by any force, and that light was trying to break through all the curtains and walls and rise out, that is, to express itself.

## Origin of creation from yin-yang or prakriti-purusha

In the dark energy itself, the smallest and shortest lasting particle would have been made at the beginning of creation. This can be called the origin of time or opposite pole. Space or dark energy is the second pole, which was already there. The smallest particle created in the form of time starts moving rapidly towards space with a great explosion. This is the Big Bang or the Great Explosion that started the universe. That particle was destroyed by the explosion in a millionth part of a second, but the wave produced by that explosion produced different types of particles and different substances were formed from them. Later on, the life span of those particles and the substances made from them increased. Anyway, it is said that the creation of the universe originated from the formation of two opposite poles. These can be called yin-yang. This is the prakriti-purusha of classic Indian philosophy. That is the same in the body. There is dark energy in Muladhara, which is awakened by Kundalini Yoga. Being awake means that in the Siddhasana of Kundalini Yoga, it is experienced as a sensation created by the pressure of the heel of the foot on the Muladhara Chakra. Due to the mixing of the meditation picture in this sensation, it became Kundalini. We can also call the origin of this sensation as the bodily form of the origin of the smallest fundamental particle of the universe. Trying to go towards Sahasrara to awaken herself, it started creation of colorful universe in the brain. Meaning that two opposite poles started trying to meet each other. Shakti started getting desperate to join Shiva. That original particle in space began to move in the form of the Big Bang and tried to touch the edge of the dark energy from which it came. The fundamental particle started gimmicking, realizing that it was incomplete, and that it had to go on and on to get the Dark Energy. While doing so, the creation of the universe itself started moving forward. It is as if man's mind or Kundalini creates a whole world in the race to get that invisible cosmic energy. Kundalini is also the complete representative of the whole mind. Say your mind or say Kundalini, it is the same thing. The wave of creation that is moving along with the waves of the Big Bang, we can also call it the flow of energy in the Sushumna Nadi. But it will not get the end of that dark energy. This means that this creation will continue to expand for eternity. But now we understand it from the body, because it seems that science will not be able to find the answer. When a man awakens his Kundalini by fulfilling all his responsibilities in this world, then he becomes a little above the world. After being quiet for some time, he does not have any attachment with the world. Being happy in the way he is, he does not carry forward his worldliness. Then due to old age etc. his body also gets destroyed after attaining death. Similarly, when the goal of this creation will be accomplished, then the pace of its expansion will slow down. Then it will stop. In the end all the things of creation will disintegrate together in their respective places. This means that the Big Bang will not reverse and merge into the point again. The goal of creation must have been determined in the form of time. It gets destroyed after a certain amount of time, which is called Mahapralaya. Because the objects of creation have not to attain real awakening like man, because they are already awakened. They only pretend to sleep. It may also happen that the age of the universe is determined not by the time but by the number and quality of the planets and constellations. When a certain number of planets etc. will be created, and most of the human beings will fulfill their desires, then only the life of the creation will be completed. It may also happen that the universe comes back to disintegrate, at the starting point of the Big Bang. Because a man's body also becomes very weak and thin before he dies. The same seems to be true of science's theory of gravity. When the energy of the Big Bang explosion

ends, the force of gravity will dominate, causing the universe to shrink and merge into the dark energy again, after contracting to the smallest origin point. This possibility also seems to be the highest from the point of view of Kundalini Yoga. The Kundalini energy, representing the mental creation, also turns back from the Sahasrara, descending through the front channel back to Muladhara. From there again climbs up the back channel. In this way, the process of creation and destruction goes on continuously in our body.

## **Creation-catastrophe in Sankhya philosophy and Vedanta philosophy**

These are two main schools of thoughts in classic Indian philosophy. In the Samkhya philosophy, both Purusha and Prakriti are said to be eternal. But in Vedanta philosophy the origin of nature is told from Purusha, as I am also saying. Here Purusha is dark energy in original illumined form, and Prakriti is the dark energy going dark by losing self light. I think that in Sankhya, the creation and destruction within the body is being described. We always feel the darkness of dark energy in our mind, even after Kundalini awakening. That is why it is also called eternal. On the other hand, Vedanta talks about the creation and destruction of the outside world. There, there is no existence of nature or darkened dark energy and the particles born from it. We feel it only in our mind. There if they originate, then it's only dramatic or virtual. There is only the energy continuum, full of light. By the way, Vedanta also describes the mental creation itself, because it also does not use any physical laboratory, which can prove the origin of the outside world. But it considers the experience of those great yogis as proof, who are always connected with energy continuum.

# Kundalini energy and chakras are like the water flow of a river and the turbine wheel of a watermill

## Should Hatha Yoga be done till Raja Yoga?

I was talking in a previous post about the small difference between a commentary book on Hatha Yoga Pradipika and my spiritual experience. It comes in that the practice of Hatha Yoga should be done only till the attainment of Raja Yoga. It is also written that if Siddhasana is perfected, then there is no use in wasting time on other asanas. At the time of book making, only spiritual culture dominated. People were not interested in materialism. Life was fleeting. Do you know when an epidemic will spread or a disease will occur? There were wars etc. That's why people wanted to awaken Kundalini and attain salvation as soon as possible. Although it is written in Hatha Yoga Pradipika itself that different asanas provide protection from various diseases. But people were less concerned about health, but more concerned about awakening. But in today's scientific age, the life span has become longer, and the standard of living has also improved, so people can wait long for awakening. Because nowadays the fear of deadly diseases is almost non-existent, so people are more enthusiastic than ever to keep their body fit and healthy. That is why I am of the opinion that even if Raja Yoga is achieved, one should continue doing Hatha Yoga. In one case, Yogi Swatmaram is also right. If a Kundalini is already formed in one's mind, then why should it be harmed by extra or unnecessary effort of Hatha Yoga. The same happened with me as well. Due to the spiritual atmosphere of my home, Kundalini always remained in my mind. I think if I tried forcefully to raise her, she might have gotten annoyed. Because Kundalini is very delicate, subtle and shy. Many types of Kundalini do not even like hatha yoga, such as the Kundalini created as a living lover or girlfriend or friend. The happiest for Hatha Yoga is the Kundalini created in the form of a guru or deity. Many times, Kundalini gets the majority of strength from spiritual and diligent social life. Karma yoga also gives a lot of strength. In such a situation, if you do hatha yoga, then it will be a waste of time. If one remains healthy with Hatha Yoga, then he also remains healthy with balanced form of mental and physical work. Hatha Yoga is mostly useful for very material societies or forest-ashrams. One can also strike a balance between Hatha Yoga, Raja Yoga and Karma Yoga. It all depends on the time and circumstance. It should not happen that leaving the Kundalini preformed in the mind and falling into the trap of awakening another Kundalini, because more important than the momentary awakening of the Kundalini picture is to remain continuously in the mind of the Kundalini picture. Maybe this statement of Yogi Swatmaram is for everyday yoga. When the meditation of Kundalini is well established in the mind with Hatha Yoga during daily sadhana, then meditate with the method of Raja Yoga. It is natural that the man's mind will again become unsteady due to the confusion of the day's work. Due to this, it will not be able to be directly controlled by Raja Yoga the next day. Therefore, the next day it will have to be tamed again with the hatha yoga first. This sequence will continue every day. It may also be that Yogiraj has written this for those who do not have the entanglements of worldliness, and are devoted to yoga while living in solitude. When their mind is controlled by the practice of Hatha Yoga for a long time, then they leave it and do only Raja Yoga. Without the entanglements of the world, their mind would never be unsteady again. Even if it is a little unstable, it will still be controlled by Raja Yoga.

## Hatha Yoga begins with life energy and Raja Yoga begins with meditation

Kundalini is also not explained in detail. It is written that by doing such asana or such pranayama, Kundalini awakens, or rises above the mooladhara and reaches Sahasrara. Similarly, it is said in the explanation that when Prana and Apana collide with each other in the Manipura Chakra, there is an energy explosion, whose energy ascends from Sushumna and reaches straight into Sahasrara. This means that the life energy itself is called Kundalini there. Because this energy remains asleep in the pool of Muladhara, hence it is called Kundalini. When this prana energy or kundalini awakens in the brain, then any image of the mind will also wake up with it. This means that in Hatha Yoga the vital energy is awakened first, but in Raja Yoga the image of the mind is awakened first. In Hatha Yoga, the image of the mind is awakened by the awakening of the life energy, but in Raja Yoga, the life energy is awakened by the awakening of the image of the mind. Meaning that in Raja Yoga, the image of the waking mind pulls the river of vital energy from the base through the back to fulfill its energy requirement. This means that in a way, Kundalini and Prana energy are synonymous. What I call Kundalini is a mixture of the Prana of Hatha Yoga and the meditation picture of Raja Yoga. In fact, this definition is the most accurate and practical, because a combination of Hatha Yoga and Raja Yoga is the most practical and fruitful. I too had a short-term experience of Kundalini awakening from this mixture. If one simply takes a Raja Yoga meditation picture or meditation object, then due to lack of energy in it, it will not be able to be activated or awakened. Similarly, if only the life energy of hatha yoga is taken, it will be lacking in consciousness. Perhaps keeping this in view, Yogi Swatmaram has said that after the achievement of Raja Yoga, leave Hatha Yoga. His abandonment of Hatha Yoga would have meant that Hatha Yoga should not be practiced separately, but to practice it by combining it with Raja Yoga. In the initial practice of Hatha Yoga, the most effective picture or meditation picture of the mind predominates. It is fully revealed only after the practice is completed. This happens in about 2-3 months or within a maximum of 1 year. Then Raja Yoga begins. Although Hatha Yoga continues to be associated with Raja Yoga, but because Raja Yoga is more effective in it, it will be called Raja Yoga. I am telling a yoga seeker at the very beginning by describing the mixture of that mental picture and the energy that rises above the mooladhara as kundalini that it will happen later, so that he does not face any problem in sadhana. The mental picture is already awake, that is, conscious. Waking up with the help of that picture, it is only the vital energy located in the root, which remains asleep or unconscious in the normal state. Therefore it is also correct that the same energy is called Kundalini. The Kundalini only awakens, but the meditative picture becomes supremely awakened, because it becomes one with the soul. Meaning the meditation picture awakens more than the life energy. So why not call that meditation picture as Kundalini. Although Kundalini is a mixture of meditation picture and energy, yet the importance of meditation picture is more in it. This is because the meditation picture is equally important in Raja Yoga and Hatha Yoga. Expression of energy gives meditation the picture itself. Energy cannot be felt. Energy is experienced only in the form of a meditation picture. Most people believe that Hatha Yoga is only related to physical health, meditation has no place in it. I used to think something similar before. But people do not see those 2-3 sutras, in which it is shown as the initial ally of Raja Yoga, and it is said that Hatha Yoga culminates in Raja Yoga only. He has allowed the work of meditation yoga to remain with Raja Yoga only. Why would he take credit by copying another? This means that people still had a social sense of copyright type at that time, even more so than today. So why don't we consider Hatha Yoga Pradipika as the first part of Patanjali's Raja Yoga. This is also the truth. Yogi Swatmaram would have done

the same with such emphasis if he had known that the coming generation would be confused in this way.

## **meditation image is kundalini**

I will give proof of this from the saying of Hatha Yoga, according to which Kundalini flows upwards in the Sushumna Nadi. If meditation is not done on any chakra during the asanas and pranayamas, then only a thrill or wheezing will be felt in the brain, there will be no mental picture with it. That thrill can be felt in any part of the brain, right, left etc. But as soon as meditation is done on the chakras like Agya Chakra, Mooladhara, Swadhisthana etc., along with that thrill, at the same time the mental picture of meditation in the Sahasrara Chakra appears. Simultaneously, the thrill also comes in the vertical central line of the brain. In fact, by meditating on the chakras like Ajna etc., the Kundalini energy gets centralized and starts flowing in the Sushumna, due to which Kundalini manifests with it. This is actually due to the principle of Advaita arising out of the mixing of the right and left brains. The energy going to the brain in the form of thrill is always beneficial, whether it is accompanied by Kundalini or not. It refreshes the mind. But all the benefits accrue only with Kundalini.

## **It was actually Kundalini awakening by Lord Krishna to Arjuna to show his Vishwaroop or mega form**

It was probably done by Shri Krishna through Shaktipat. That is why Arjuna tells Shri Krishna that he seems to him to be infinite forms. It means that Krishna's beloved form had become one with Arjuna's soul, that is, he was united with the eternal energy or Energy Continuum. Full Samadhi or Kundalini awakening is like this. I am a modest person. I had only a glimpse of ten seconds, that is why I do not speak much, but that experience of complete samadhi by the power of Shri Krishna remained in Arjuna for a prolonged time.

## **The frequency of the chakras decreases as you move down the body**

Consciousness power and life force meet at the chakra. The lower chakras rotate at a lower frequency. Going up, the frequency of the cycles increases. Frequency means the speed of reaching the kundalini energy from the front chakra here to the back chakra and from there to the front chakra, that is, how many times this happens in a second. This is the definition of frequency in science also. I was also telling this in a previous post that if there is a lack of conscious energy in the brain, then by meditating on Advaita, the Kundalini picture is formed on the lower chakras, that means the lower energy chakras become active. Together it, I was telling that the Kundalini of undeveloped small creatures resides in the lower chakras. This means that their brain lacks conscious energy. As the brain develops, the Kundalini ascends upwards.

## **The chakras spin by the prana flowing in the nadi, just as the spinning wheel of a watermill spins by the water flowing in the river**

Probably so called chakra because, just as the water-spinning wheel of a water mill to grind flour rotates in the middle of a small river or gully, in the same way the chakras rotate in the middle of the sushumna nadi. The word Nadi is derived from the river (nadi in Sanskrit) itself. These chakras also rotate from back to front like a turbine due to the upward movement of energy in the sushumna. With the flow of the nadi going down from the Agya chakra, they again move backwards. From back to front again, from front to back, in this way this cycle goes on. Let me explain to you by giving an example of Vishuddhi Chakra. In the middle of the neck is the circular turbine. Understand that it has propeller-like blades to convert the linear energy flow of the nadi into its rotational motion. When Muladhara is meditated along with this chakra, the Kundalini picture is formed in the center of the back of the neck. This means that there is pressure on the propeller blades. Then when the Ajna chakra is meditated with it, the Kundalini picture is formed with a contraction in the center of the front part of the neck. Meaning that from back the propeller blade rotates and reaches front, on which the next pressure of the energy flow going down from the command chakra is applied. Then by meditating on Muladhara, it again comes to the first position in the back part of the neck. With the attention of the command chakra, it again comes forward. In this way the cycle continues. You can assume that it has a single propeller blade, which keeps going back and forth as it spins. One can also assume that this turbine has a lot of blades, as there often are. It is also somewhat of a philosophical rumination. By meditating on the Vishuddhi Chakra, Ajna Chakra and Muladhara Chakra simultaneously, the Vishuddhi Chakra starts rotating rapidly. It does take some practice though. You can understand that prana energy from below rotates that chakra, and psyche energy from above. There is a good mix of both the types of energies on the chakra. The shrinkage felt on the chakra is in a way a push to the chakra by life or prana energy. The Kundalini picture that is felt on the chakra is a push on the chakra by the psychic energy descending down from brain. In fact, the force that pushes the chakras in front is also orana force, not mental or conscious or psychic force. Manas Shakti or mind force mixes with Prana Shakti when it is passing through the brain. It is like when passing of a river through a garden, the fragrance of flowers gets mixed in its water. That fragrance or Kundalini picture decreases downwards in the front channel. This happens because the energy in the front channel loses most of its fragrance while going down. When it turns from the mooladhara and climbs up from the back, there is very little Kundalini fragrance left in it. As soon as it reaches the brain, the Kundalini fragrance gets mixed again in it. She then descends from the front and spreads the fragrance of Kundalini all around through the chakras. In this way the cycle continues. Probably the “Sugandhim Pushtim Vardhanam” of the Mahamrityunjaya Mantra refers to this Kundalini fragrance. I was sharing a similar experience in a previous post that Sahasrara is taken as the vertex of the upper triangle, the line joining the front and rear chakras is taken as the base of the triangle, and the lower triangle starts from this same base and tapers to the muladhar chakra as tip of the inverted triangle. If this base line is meditated along with both vertices as Muladhara chakra and sahasrar chakra, then the middle chakras get very good attention or meditation. Now I am able to understand scientifically from my own experience that why this happens at all. In fact, from the upper triangle the manas energy comes down from the top, and the life energy from the lower triangle goes up. Both of them collide on the chakras located on the base line, creating an energy explosion, which causes the chakra to spin rapidly and the Kundalini becomes alive. The dense accumulation of energy in the pyramid shape is due to this same triangle principle. It is said that the chakras of the body are the energy centers of the body, this means that the Kundalini picture is strengthened on them. That Kundalini picture is very useful in a man's life. That is how Kundalini romance is possible. From that one attains non-attachment and non-duality, attaining which a man never gets tired. Actually, only physical and mental strength is not enough for man to develop. If this was the case, then only the well-



made people of a prosperous household would have hoisted the flag of progress in the world. But we see that in most of the cases the people who touch the heights rise above poverty and problems. Actually, the most important is the spiritual power, which comes from Kundalini. Due to this, man is saved from the darkness of ego, which is born by doing work and which hinders the work. Once I started making rounds of doctors and hospitals because I was not tired of work. Ordinary people go to the hospital because they get tired of their works quickly. But the opposite was happening with me. Kundalini was riding on me as a ghost. Kundalini is probably that ghost, whose description comes in a story that he never sat idle and used to do everything in the blink of an eye. When he did not get work, he started harassing the man himself. Then with the advice of someone, he gave him the task of burying and uprooting the pole continuously. Meaning the man was constantly busy in some work or the other. By the way, Kundalini is a good power, never does bad, like a holy ghost. Maybe the name Holy Ghost is derived from this. Still, Kundalini must be properly handled. I feel that for the blind material progress that is happening nowadays, it is the uncontrolled and misguided Kundalini.

## **When to meditate on Advaita**

While concentrating on any chakra, if the subconscious feeling of non-dualism is also done, then the Kundalini manifests on that chakra with joy and contraction. If Advaita is meditated while paying attention to the thoughts of the mind or to the mind, then the Kundalini manifests in the brain with pressure and joy. Due to this, the brain gets tired soon.

## **sequence of asanas and pranayama in yoga**

Then it is said that first asanas should be done. After that pranayama should be done. Finally, Kundalini meditation should be done. In Pranayama too Kapalbhati is done first. I also do it in exactly the same order from my own experience. Asanas open up some of the nadis. Therefore, through pranayama, the flow of Kundalini energy starts easily in them. Kapalbhati also gives a lot of strength to open the nadis, because in it, breathing moves with jerks. About 25-30 asanas are there in Hatha Yoga Pradipika. Some match the asanas I do, some don't. It doesn't matter. There should be a mixture of such asanas, which gives exercise to almost the whole body. Special attention should be paid to the back and the three main channels running in it. I also do 15-20 types of asanas according to my own accord. I do pranayama on the chair. Knees get tired by sitting for a long time in Siddhasana etc. It is good if the chair does not have arm rests, because they do not allow to sit properly. You can also put a cushion on the chair. The chair should be of proper height.

## **Nadishodhana Pranayama itself continues in the middle of the original Pranayama**

After Kapalbhati in Pranayama, for some time, breathing with inhaling through the left nostril and exhaling through the right nostril and then doing Nadi Shodhana Pranayama to remove the suffocation of breath, means to keep inhales and exhales through the alternating nostrils. Then for some time again inhaling in the opposite order that's inhaling through right nostril and exhaling through left one, and doing Nadi Shodhana Pranayama in the opposite order means to keep inhaling and exhaling through alternative nostrils, starting from the opposite nostril of previous nadishodhan pranayam. Then inhale and exhale simultaneously through

both the nostrils. To remove the suffocation of breath, do Nadi Shodhana Pranayama of alternate breathing for some time starting from one side and for some time starting from the other side. Similarly, when breathing is withheld while doing Kundalini meditation, one should continue to do Nadi Shodhana Pranayama when there is breathlessness. In this way, Nadi Shodhana Pranayama itself continues. No need to devote time for that separately.

# **Kundalini as various gods, energy continuum as Shiva, Sahasrar Chakra as banyan tree and Brain is depicted as Mount Kailash**

Friends, in the previous post, I was telling how the name ‘Chakra’ got its name. Actually Chakra literally means wheel itself. For example, chariot chakra, water chakra etc. I also explained why chakra is called the center of energy. This is written everywhere about the chakra, but it is not proved why it is said so. It smells of mystery. I proved it scientifically and empirically why it is called so. That is why the name of this website is “Demystifying Kundalini”. It was also proved psychologically that how Kundalini is formed by mixing Prana energy and Manas energy. Actually this mixed form of Prana energy and Manas energy is called Kundalini. This is the shortest definition of Kundalini. This is also called time-space mixing. Prana energy represents Time, and Manas energy represents Space. In this post I will explain how the Sahasrara Chakra is represented as the abode of Shiva.

## **The gods go to Kailash to persuade Shiva, who is angry with Dakshayagya**

Lord Vishnu along with other gods went to Mount Kailash to persuade Shiva, who was angry with Daksha. Apart from humans, that mountain was serviced by eunuchs, apsaras or fairies and yogic sages. That was very high. That was adorned with pearls all around. That seemed strange with many types of metals. That was full of many types of trees and vines. It was surrounded by many types of animals, birds and springs. Siddhanganas or wives of accomplished used to reside on its summit with their respective husbands. It was adorned with many types of cisterns, peaks and many types of tree species. Its radiance was as white as silver. That mountain was full of animals like big tigers etc., devoid of horror, full of splendor, divine and causing great wonder. The mountain was surrounded by the holy Ganges river and was extremely serene. Near that Kailash mountain was the divine city of Shiva’s friend Kuber named Alka. Near the same mountain there was a divine forest called Saugandhik, which was adorned with divine trees, and where the wonderful sound of birds etc. was being made. The divine and holy rivers named Nanda and Alaknanda were flowing from outside that mountain, which destroy sins by mere sight. God women come daily from their own world and drink the water of those rivers, and after taking a bath, being attracted by Rati or lust, they live with men. Then leaving behind that Alkapuri and Saugandhik forest, while going forward, those deities saw the banyan tree of Shankar ji nearby. That banyan tree was spreading shade around that mountain. Its branches were spread on three sides. Its circle was a hundred yojana high. It was devoid of nests and barred from heat. It is visible only to the pious souls. It was very delightful, His Holiness, Shiva’s place of yoga, divine, worthy of being consumed or inhabited by yogis, and very perfect. The deities saw Shiva sitting under that banyan tree, which gave shelter to Mahayogamayi and Mumukshu or liberation seeking people. Absorbed in the devotion of Shiva, having a calm body and mind, and being Mahasiddha, who are the sons of Brahma, Sanak etc., were worshiping that Shiva with pleasure. His friend Kubera, who is the leader of the guhyakas and demons, was doing special

service to him along with his family and servants. He was wearing the true form of Lord Shiva, the favorite of the ascetics. He seemed to be friend from all over the world with affection, and was equipped with ashes etc. He was sitting on the carton of kusha, a holy grass, and on being asked by Narada etc., he was preaching knowledge to all the listeners gentlemen. He was seated in the truth-beautiful-logic posture with his left foot on his right thigh, and his left hand on his left knee, with a rosary of Rudraksha on his wrist. He tells the matter of supreme knowledge that salvation is not attained by action, but by knowledge. Therefore one should act with non-dual knowledge, which means one should do Karma Yoga. Those who distinguish between him, Brahma and Vishnu, go to hell. Meaning that Lord Shiva negates the discrimination.

## **Mutual equivalence of Mount Kailash and brain**

Mount Kailash is the brain. There not only the common people, nymphs and dance-singing artists enjoy the pleasures, but sages and rishis also get the pleasure of meditation there. It is located at the highest point in the human body. Its manimaya Shikhars or pearly peaks means the many ridges or bulges made of its walnut-like shape, which keep shining with the bright thought-waves of the mind. Various types of metals mean its various structures and colored parts, such as skull bone, white matter beneath it, gray matter beneath it, fluid-soft eyes, ears, nose, teeth etc. The inner part of the brain is also divided into a variety of sizes and colors, such as the pons, hippocampus, pineal gland, etc. Various types of trees and vines mean different types of hair, such as hair of the head, hair of the beard, hair of the mustache, hair of the ear, hair of the nose, etc. You can also add nerve fibers in the list that have varying shapes and sizes. It appears as fibrous flesh on gross viewing. From this it seems that the ancient sages also had a good knowledge of the anatomy of the human body. Its detailed description is in Ayurveda. Many types of animals and birds mean microscopic parasites found entangled in the hair. The meaning of many types of springs is the biological secretion coming out of the glands of the eyes, ears and mouth etc. Visiting Siddhanganas or wives of accomplisheds on its summits means tantric romance by tantra yoginis, from which they derive great pleasure. The place of joy is the mind itself. There are many types of pores or cisterns around the brain, such as eyes, nose, ears etc. The peaks and trees have already been told above. That mountain being like silver means the bright thoughts of the mind full of consciousness. Carnivorous Animals like tiger mean lice, fleas etc. which can hide in the moisture of the hair. 'Without horror' means these minute creatures are not horrific. Divinity is in the mind. All divine expressions are accompanied by the functioning of the mind. Kundalini awakening is the most divine, that is why the activity of the brain is at its peak in it. Similarly, the brain is also a model of wonder. In this, there's the physical expression of life or consciousness. Scientists have not been able to solve this puzzle till date. The river Ganga is the symbol of Sushumna Nadi here. Because she irrigates the Sahasrara, to which the whole brain is attached, that is why it is said to surround the entire mountain. It cleanses the whole brain with energy. The city of Shiva's friend Kubera ie. Alkapuri has been called Agya Chakra. The word "Alka" is derived from Sanskrit's Alakshit and Hindi's Alakh words. It means invisible. The invisible Kundalini is visible from this chakra. That is why it is also called the third eye. In fact, when meditation is done on the Agya Chakra, the Kundalini appears on the Sahasrara. Because Shiva is in the form of Kundalini in the Shiva Purana, that is why Kuber, the arrogant deity of Ajnachakra, is said to be a friend of Shiva. If Shiva is depicted as energy continuum, even then kuber is proved as friend of Shiva for energy continuum is achievable only by means of Kundalini. The agya chakra is a symbol of intelligence. Therefore, it is natural that the wheel of agya chakra is associated with wealth, because wealth is earned only by intelligence. That is why its god Kuber is the richest in the universe. Near that mountain

there is a forest called Saugandhik or nice smelling. Because it is being described immediately after Alkapuri, it means that the forest is near to it. That is the nose. Fragrance is experienced inside it, so it is believed that fragrance is being originated in it. Because the fragrance emanates from trees and flowers, the nose has been given the form of a forest. That forest is called divine because, despite being so small in size, it provides all the divine fragrances around the world. An ordinary forest cannot do this. The follicles or hair located in it can be considered as the divine tree. They are called divine because they are so small in size and few in number yet they help in providing divine fragrances around the world. They also provide protection to the odor-receptor cells. It may be that in the mythological era, the nose-hair was considered the only responsible for the aroma. There was a wonderful sound of birds etc. in that forest. That sound is actually the slow sound of breathing. It cannot be called sweet voice. That's why it is called wonderful. Outside that mountain there are two rivers named Nanda and Alaknanda, ie. Ida and Pingala. The spinal cord is connected with the brain. If the spinal cord or vertebral column is called the mountains at the bottom, then the brain is made up of the mountain tops. Sushumna flows in it. She is called Ganga. Ida nadi flows outside the spinal cord to the left of it. Through this, man enjoys materialistic, limited, logical and judgmental or critical enjoyment of worldliness. That is why its name is Nanda or visibly enjoying. The second Nadi or channel, which is Pingala, flows on the right side of the mountain or vertebral column called Alaknanda. Through this man enjoys a status as spiritual, as void or space or sky, as darkness, as irrational or illogical, as unlimited, as nonjudgmental. Its name is Alaknanda or invisibly enjoying. As mentioned above, the word Alak is indicative of Alakh or Alakshit or non sensual. Because the sky is inexhaustible due to being infinite, that is why pingala's name is Alaknanda, which means the bliss of Alakshit or invisible or undefined. Sins are destroyed by the sight of both the rivers. The river alone is not being talked about, but both the rivers are being talked about together. This means that by the simultaneous functioning of the left and the right brain, Advaita arises, which is the formlessness itself. Duality is the greatest sin, and non-duality is the greatest sinlessness. God women mean here noble women of a good and well-mannered household. Because they are affluent, they do not get caught up in the mess of worldliness. This keeps them immersed in the joy of Advaita or nonduality. The joy of this Advaita is depicted by the metaphoric writer in the form of drinking the water of both the rivers. They have a beautiful and graceful body. While bathing, Kundalini energy rises through their back, as I mentioned in a previous post. The same happens with those god-women as well. As the Mooladhara's energy climbs up, their Mooladhara becomes powerless. It is only to give energy to Muladhara that they are attracted to Rati or pure lust, and lives with men. According to another metaphor, the god's women are symbols of beautiful and human thoughts. Such thoughts are accompanied by Advaita bhava, that is, with them both the Ida and Pingala nadis flow. When both these nadis flow very fast, only then the divine sexual feeling is awakened. This is done only to give energy to Muladhara, because the energy of Muladhara keeps on climbing up through non-dualism. The non-material based Kundalini picture starts developing in the brain due to non-duality. Non material based means that kundalini image is fully mind based without any physical copy or counterpart outside. It requires a lot of energy, because being out of the reach of the senses, it does not get the support of the physical senses to strengthen itself like ordinary mental images. To fulfill this need, the energy rises up from the base chakra. Rati play done in that situation is very pleasurable and soul-developing, that means energy is flowing by means of it. Entering sushumna channel, this energy reaches Sahasrara.

Along with Kundalini, the brain also develops well from muladhar energy. That is why it is said that Kundalini is very important for the rapid development of mankind. The above Kundalini rituals can also be called tantric rituals. When a man is away from worldliness, has

sufficient accumulated amount of energy in muladhara chakra due to low consumption, and his energy is already flowing in the sushumna, he is in a sadhu or sage state. He does not have much interest in Ratikrida or lustful play. Those women come from Devlok or god abode, meaning those human thoughts come out of the mind and start performing the work of worldliness with a non-dual spirit. This is said to be bathing in the Nanda and Alaknanda rivers by the goddesses. The gods and goddesses are themselves symbols of non-duality always. In ordinary people filled with duality, the upward effect of this energy is less marked. Therefore, their sensual feeling is only a momentary pleasure, which is called sex. Due to the duality in them, there is no Kundalini in their mind. Therefore, the energy of Muladhara does not climb up due to lack of need. That is why the energy of Muladhara is not conserved but gets destroyed. You can call Kundalini as the sexual-energy storing and delivering battery. Divinity resides in the mind itself. After crossing Saugandhik forest and Alkapuri, all the deities come to a banyan tree, whose branches spread over the entire mountain and cast shadow. Actually, Kundalini is depicted in the form of all those deities. The whole creation resides in the mind. It means that all the deities reside in the mind, because it is the deities who run the universe. Within a single Kundalini picture or meditation picture, the whole mind is absorbed in the same way as a sugar grain contains a whole sack of sugar or a whole sugarcane field. If someone wants to see sugar, then we do not pick up the whole sack of sugar but take one grain of sugar. This makes the job a lot easier. The amount of energy that can lift a sugar sack one foot high, the same amount of energy can lift a sugar grain thousands of feet high. Whatever work will be done with a sack of sugar, the same work will be done with a grain of sugar. Similarly, if the mind is to be taken up to Sahasrara to be united with Shiva, then we do not carry the whole world of the mind but carry only the Kundalini. This makes the task of reconciliation of Shiva-Mana or Shiva-Jiva very easy. The amount of energy with which the whole mind can be raised from the Muladhara to the Swadhisthana chakra or lower, the same amount of energy can elevate the Kundalini to the Sahasrara. What is the need of mind containing a heap of innumerable pictures, when the same thing will be done with a single Kundalini picture sorted out of that heap. Many deities have been shown in place of Kundalini, so that it can add interestingness and mystery to this psychological narrative. The banyan tree is sahasrara, because sahasrara is connected to the whole brain through nadis. Those nadis can be called branches of the tree of Sahasrara Chakra. Its branches were spread on three sides, it means that from the Sahasrara to the left brain, right brain and then forward down to the front channel, energy is transmitted in three directions. It is getting energy from the back channel located in back and below direction. It is in the fourth direction, which we can call the trunk or root of that tree. Energy always flows from the root to the branches. Its upper extension is said to be 100 yojan high, which is a distance of around one thousand miles. It's a big height reaching the outer space. Actually it means that the Sahasrara Chakra is associated with the energy continuum, which extends into the eternal sky. Probably, one thousand mark has been chosen as sahasrar itself literally means one thousand branches. It is barred from the nest, meaning no normal creature can reach there. It was barred from heat, which meant the very calm Sahasrara Chakra. The duality from which heat is created was not there at all. It was very delightful. This means that the beauty of all places is due to Sahasrara. At delightful places the energy gets condensed in the Sahasrar, that is why those places seem delightful. That's why you must have seen that after roaming in a delightful place, the body does not feel like working for some time due to exhaustion. This happens because most of the body's energy has gone to Sahasrara. After roaming in the delightful place, one becomes refreshed and serene. The old burden of sins seems to have been removed. That is why there is so much craze for tourism in the world. Pilgrimage also involves this very same principle. All this happens because of the Sahasrara Chakra. That is why it is called His Holiness. Only virtuous souls can see that tree. There is nothing

surprising in this, it is clear from experience that the Kundalini consciousness falls down due to acts of violence etc., and rises up by virtue of humanity. It was divine. All divinity happens only in the Sahasrar Chakra. The word divine is derived from diva or light. The origin of light is the Sahasrara and the eternal energy associated with it. It was yogamayi or full of yoga and was the favorite abode of yogis and Shiva. Shiva is also a yogi. Connection or yoga with Brahman or energy continuum is possible only in Sahasrara. Obviously, Mumukshu people who desire salvation will go there, because it is possible to get rid of limited consciousness only in Sahasrara. Shiva was sitting at the root of that tree. Brahma or the unbroken energy or energy continuum is called Shiva here. He was in the guise of being dear to the ascetics. Meaning that he was in the form of non-dual form of unbroken energy, which is liked by the ascetics. Where did ordinary people immersed in duality start liking him? The sons of Brahma, Sanatkumar, etc., who are always absorbed in the meditation of Brahma, are said to be worshipping Shiva, because Shiva is also the greatest Tantrayogi of the universe. By concentrating on Ajna Chakra and Mooladhara, the prana energy gets channelized and centralized and comes to Sahasrara. It is said by Kubera to serve Shiva along with his guhyaka or low level servants and family members. The Guhyak here symbolizes the Muladhara, as the Mooladhara and the Agya chakra are intertwined. Guhyaks are also dark tamoguni like Muladhara. The family members of Kubera are symbols of the prana or psychic energy scattered all around in the brain. The family members are under the control of the head of the family. Vatsalya or child-affection will be there in Shiva only. Lord Shiva, the lord of infinite consciousness, will think us as children with limited consciousness.. He was having bhasma or ash put on his body. Bhasma is a symbol of detachment, essence and loyalty. The essence of the whole world lies in the ashes. Why Shiva, who enjoys in the unbroken and unlimited energy, will like the limited energy called as world? Many people take inspiration from Shiva for Tantra Yoga and attain Kundalini awakening. This is depicted as preaching of divine knowledge of enlightenment by Shiva to his devotees.

## Kundalini is the interplay of energies

Friends, I watched three movies last week. It kept my brain very active. Possibly due to this there was also a slight headache at times. However, there remained a lot of peace in the mind, and a lot of joy dominated. This happened due to the non-dual spirit created from Kundalini Yoga. Still, I reduced yoga a bit, because I was feeling a little tired and lethargic. Due to this the headache also reduced a little and the tremors of the body also decreased. By the way, it is better when the number of postures is not reduced, but the time spent on them is reduced. Yoga should not be taken as work. It should not be taken as fatigue. It should be taken as a rest. The body and mind should be let loose. In fact, yoga reduces fatigue, not increases it. Each asana in a particular way uplifts and rotates the prana energy. Anyway, due to less sleep, more waking up late in the night, due to change in food timings, excessive air intake from fans or a.c., stress and headache arise. There was more activity in my left brain, for which energy was rising from the Ida Nadi. However, by simultaneously meditating on the Ajna Chakra and Muladhara, the energy was transferred to the Sushumna, thereby activating the right brain, revealing the Kundalini picture in Sahasrara. After a while that energy would again enter the Ida Nadi. It had to be taken again to Sushumna in the same way. This sequence continued. In fact, the left brain is active from worldliness and the right brain is active from spirituality. A balance of materiality and spirituality is necessary for the balance of both the brains. I was telling in the previous post that how the women of Devlok or god abode get attracted towards Rati or lust sports by drinking the water of Nanda and Alaknanda alternately and feel great satisfaction. In fact, they are immersed in worldliness. So they don't have much energy left. They cannot directly reach the river Ganges. That's why they work only from the Nanda and Alaknanda rivers. Almost the same thing happened with me. Due to the heavy workload, I did not have enough energy to lift the Kundalini straight up to Sahasrar. Due to this force, my head was hurting a bit. So I let the Kundalini energy rise up in the back at her own free will. Then I noticed that it started going through the Ida nadi to the left brain with a thrilling sensation going. I just used to pay light attention in the intervening moments to the front agya chakra and the straight tongue resting behind the teeth. With this, I was rarely able to pay attention to Mooladhara, because from this the prana energy goes to Sahasrara and Sushumna straight. She would try to go to Pingala or Sushumna Nadi with him, but she was not able to go. Meaning there was a lack of energy. After a long time she used to go to Pingala and right brain for a while, and again to Ida. Kundalini stays on the Agya chakra most of the time, and does not go above it. She used to stay only for a moment in Sushumna and Sahasrara. The point is clear that the Kundalini should be rotated according to the amount of energy inside. It should not be forced.

## The Urdhvareta Purush should be considered a Brahmachari or a Tantrik

I also got a new information this week in Shivpuran. In one verse the word 'Urdhvreta' was found written. The Urdhvareta man was equated with the great jnani or the enlightened one or the great spiritual seeker. Urdhva means 'upwards', and Reta means 'semen'. Therefore, Urdhvareta means a person who pours his semen upwards. This is the same sexual sublimation, which is the basic action of Tantra Yoga. In the name of tantra, it dominates these days, although it is only a major contributory factor to tantra with a wider perspective. That is not all in itself. While translating it into Hindi, it has been written as Urdhvreta



Brahmachari. One who is a celibate, how can he become an Urdhvreta, because there is no production of semen in a celibate. The production of semen is done through sexual stimulation, but the brahmachari stays away from it. Even if semen is produced in it under normal bodily functions, it remains very little and unnoticed. What can a man not even notice in the body, how can he uplift it? Another thing is known from this is that there is mention of tantra everywhere in the Puranas, and in the Puranic period, tantra science was prevalent among the common people. Brahmacharya is also a tantra science. If the brahmachari does not keep raising the semen energy with the help of yogasadhana, then it will disturb him, and may also cause disorder in his mind and body. It is a different matter that in the leftist system this celibacy is given a limitless and fierce form. Although this leads to rapid spiritual growth, but if it is not done properly, it also leads to a rapid spiritual decline. Nowadays, mostly only this sexual tantra is considered as tantra.

## **The faults of great people are also auspicious like ornaments**

Nothing is true in this world. Everything is relative to each other. The defects which have been called Kulakshan in common people, the same defects are Sulakshana in Lord Shiva. That is why in Shiv Purana, Narada Muni, while explaining to Parvati's parents, says that the faults of the wise and great people are also like the virtues. In fact Narad Muni tells them that their daughter Parvati will be married to a ghostly, naked, wild and anti-social person. This makes them worried. Then Narada removes their worries and says that Shiva is also like this, so get Parvati married to Shiva. Parvati will erase the restlessness of his mind. This is the description of Tantra Yoga itself. Then why most of the people say that tantra came from here or there; Or the tantra is like this, the tantra is like that. Shivpuran is a completely dedicated Tantra-Purana. Its tantric principles are not easily caught because it has a high degree of social, metaphoric and mystical styling of expression.

## **Humiliation and respect are two sides of the same coin**

Last week got a sad news that Mahant Narendra Giri, president of Akhara Sangh, ended his life by hanging himself. According to sources, in his last written and video document, he attributed this work to his disciple Anand Giri. Anand Giri was brought up by him from childhood, and he had a special attachment to him. According to sources, he had made him humiliated in the society in the past, and was still going to make a false video viral, in which his mentor Narendra Giri was to be shown in an objectionable position with a woman. Fearing this humiliation, he took this step. However, it is still under investigation, and the final conclusion has not been revealed. There is a verse in the Gita ~Jitatmanah Prashantasya —॥6-7॥ meaning, One who has conquered himself in cold and heat, happiness and sorrow and honor and dishonor, such a person is rightly situated in the Supreme Soul. Then what kind of spirituality can we call being afraid of humiliation? I am not taking sides here. I am describing only one side of the event, because thoughts related to that are arising in my mind. There are many sides to every event. But it is not possible for a single man to think about each and every aspect. It is meaningless for anyone to say why only one side of the incident was taken. To know the other side, one must know the views of other people. Everything cannot be found at one place. Anyway, complete information is available only after knowing all the aspects. Little Knowledge is a Dangerous Thing. If I talk about the other side in a nutshell, then it is this that one should never insult the Guru, the Gnani and the devotee.

Kundalini makes a man extremely sensitive. Therefore Kundalini Yogi should not be disturbed. They should be treated with love. Probably, the women are more sensitive due to this same Kundalini principle. In the next post I will elaborate a bit on why this happens. First of all, why should you be so proud of yourself that you can't bear the humiliation after that? If you can't live being taunted by someone, then why should you get yourself respected. Kundalini helps and protects man in such situations. Apart from Kundalini, there is selfishness in everything in the universe. No man shows friendship without selfishness. The tree also gives fruit for selfishness. To get milk from the cow, one has to feed grass. Even in exchange for getting benefits from non-living things like rivers and mountains, these have to be kept clean. But Kundalini does not expect anything in return. She supports even in bad times, and provides consolation and sympathy. Kundalini is a bubble of unbroken energy. It does not have a separate existence from the eternal energy. What can it need as it's the conscious sky that's empty. The more one remembers it, the more it gets along with him. Everything is temporary and impure except Kundalini. Everything except Kundalini is bound by material constraints and limitations. Kundalini is a pure mental picture, a bubble of zero energy-sky. It cannot even be touched by the physical dimension. That's why a well-nourished Kundalini is very useful in bad times. When there is an increase in stress due to physical activities and relationships, then the functioning of the whole body gets disturbed. This happens because there is a lack of energy in the brain. At that time Kundalini starts manifesting in the mind due to feeling of Advaita in the discouraged man's mind. This is because the body relaxes a bit with Advaita, which reduces energy consumption. With the excess energy, Kundalini starts appearing in the mind. To maintain that Kundalini, energy starts climbing up from the Muladhara. With this, the physical functioning gets corrected, and the anger etc. of the mind are erased by it. In fact, this happens only due to the creation of sufficient availability of energy in the brain. I had written in the previous post also by referring to Shiv Purana that Sahasrara Chakra supplies energy to the whole brain. Therefore, when the Kundalini appears in the brain, it is said to centralize it by meditating on the Agya chakra and the Muladhara chakra together with it, so that it enters the Sahasrara. The reason why a thousand petals are depicted in the Sahasrara Chakra is because it supplies energy to countless or thousands of places throughout the body, including the brain.

## **The benefits of meditation on breathing are obtained only through Kundalini**

One day I was feeling tired. I could not even sleep, because I have gastric acid reflux on sleeping after a meal during the day. The mouth gets sour from the stomach, due to which the teeth also look wear out. Sitting empty-handed, began to pay attention to the breath, especially with the word HANS. Due to this fatigue also disappeared and Kundalini joy also appeared. While inhaling, the sound of the breath was of thin music, and the sound of the exhaled breath was of thick music. You could say that the inhalation sound had a higher treble or frequency, but the outgoing breath had less treble and more bass. M's or HAN's voice is high treble and S's voice is low treble. That is why the attention is given to the breath in the form of HANS. Therefore the attention of HAN is done with the inhaling breath, and the attention of S is done with the outgoing breath. It gives a lot of benefits.

## **Vedic philosophy is a practical philosophy**

I am saying practical philosophy because it is not a nihilistic philosophy. Vedic rituals are a living example of this. In this, yoga and meditation are achieved through worldliness, not

escapism. I myself grew up in this environment. It is a different matter that for the last leap of awakening, I took the help of Tantra Yoga. But it is also true that Tantra Yoga only helps if one has attained the initial spiritual stage in the loving atmosphere of Vedic rituals and likewise.

## **Spiritually every man is Shiva and every woman is Parvati**

Sati attains Shiva by doing penance. When she becomes Parvati in the next birth, she still pleases Shiva by doing penance and attains him. To me, it seems only a metaphor for Tantric household life. Parvati's penance here is the life of a wife, full of sacrifice and dedication, at the beginning of the householder's life. That is why it is seen that after the initial disturbance of the household, the real household life begins. Some households get back on track in a few months, some take a few years. For many, the real tuning is made when their children also grow up. It depends on the proper participation of both the husband and wife as to how much time it will take. Husbands who are attached to many women do not make their wife do penance at all, nor do they do it themselves. Although they seem fully tuned in the beginning, but it is more of a pretense. In this haste, they do not get to know each other deeply and thoroughly. Due to this, some tantric deficiency remains till later. Before marriage, one undoubtedly wants that his future wife should not be less than goddess Parvati in qualities, even after marriage, he wants his wife to serve him whole-heartedly, love him deeply and be completely devoted to him. Meaning that the husband wants his wife to do severe penance for him first, only then he will surrender himself to her. Lord Shiva also wants the same from Sati or Parvati. That is why Parvati does severe penance, constantly remembering Shiva. After that Shiva accepts her. Even Shiva does a little penance. He constantly wanders here and there in remembrance of Parvati. This is his penance. Actually it is the psychology of human life, which is explained by the stories of gods and goddesses in the Puranas.

## **Goddess of War Kali**

There is a ritual to worship Bhagwati Mata or goddess Kali in times of war etc. and in other dire circumstances. In fact, the source of energy is the woman. During war etc., a lot of vital energy is required, more than twice as much as during normal times. A separate energy supply is needed to keep the body moving, and a separate one to keep the mind stable. If there is a desire for liberation, then even more energy is needed, because for that, along with the nadis and other chakras, the Sahasrara has to be kept awake. Kali has been given a gruesome form because the energy derived from it is also used for bloodshed in war etc. Secondly it also means that Shakti can be thirsty for blood.

# **Kundalini awakening occurs by the destruction of ego even to the effort made for the Kundalini**

## **Mind-eye is called the third eye**

When we lie down for getting sleepy, and then we stand up at that time, then sleep disappears suddenly. In fact, by standing and moving a little, the energy from the back rises. Yawning has the same effect. I was talking in the previous post about the possibility of strange happenings due to hypersensitivity born of Kundalini. When Kundalini is activated or awakened in the brain, the sensitivity of the brain increases greatly. All the experiences of the senses are felt intense. For example, the taste of food increases manifold. The fragrance also feels many times stronger. In fact, the prana energy from which the transcendental kundalini can be revealed can also reveal other transcendental experiences, such as the experience of flying, the experience of walking on water. These are called yogic siddhis. Actually these experiences are not from the body, but only from the mind. It is as if Kundalini is not seen with the eyes, but through the mind. This awakened mind is called the opening of the third eye. Because the whole world is from the mind, that is why in ancient yoga books such mental experiences have been written as physical experiences, so that it is easy for the common man to understand. But most people start to think of these as worldly or real physical experiences. A dedicated Kundalini yogi mostly derives the great joy of life from Kundalini. He is not subject to material things for the enjoyment of life. Therefore it is natural that if his Kundalini is damaged or weakened by any worldly troubles, he will be surrounded by darkness of depression. This will happen because he will not immediately understand, nor will he like the worldly way of attaining happiness. That is why it is said that the middle path is the best path, because spirituality and worldliness go hand in hand in this, so that there is no loss due to lack of anyone.

## **Sedentary lifestyle is the enemy of both materiality and spirituality**

Advaita contemplation is more successful while doing yoga, because the good effect of Advaita is obtained only through Kundalini. While doing yoga, all the nadis, mainly the sushumna nadi and chakra, remain open. Due to this the Kundalini emerging from Advaita easily occupies the appropriate chakra. If the level of mental energy is low, the Kundalini occupies the lower chakras, and if the mental energy is high, the Kundalini rushes to the upper chakras. Similarly, meditation of Advaita at the time of any other type of physical activity also gives more Kundalini benefits due to this reason. In times of sluggishness, the nadis and chakras remain asleep, so that Kundalini cannot pass through them easily. For this reason, the fear of falling ill also remains. For this reason people with sedentary lifestyle are neither materially nor spiritually prosperous.

## **Positive effort never fails**

I feel a deep connection with all the world famous artists and rich people. They make me feel like my childhood friends and family. I may have reached the peak of material progress in the previous life, possibly like them. Then I must have felt the desire for Kundalini awakening and I would have tried for that, but I would not have got success. Due to its influence, I must have been born in this birth in the midst of the rich, world famous and spiritual personalities of the previous life. The experience of momentary Kundalini awakening would also have been received by its influence. The people who come under my contact must also have been great people of previous lives, and they must have got some kind of Kundalini association as well. They must have come under my contact with the same Kundalini effect. This means that hard work never fails. Anyway, naturally, the desire for Kundalini awakening occurs only after touching the peak of materiality. Psychologically it may also happen that through the power of Kundalini awakening, I feel attached to powerful people and things, because Kundalini awakening is the treasure of all powers.

## **Nothing is achieved without effort or on its own**

Mystical outlook has made man careless. This makes him wait for a miracle to happen. This blog is breaking this mysticism. Everything including Kundalini awakening is scientific and it also requires a sustained logical approach over a long period of time like material things. This blog and website has everything to read about my so-called spontaneous awakening phenomenon, including books. Mainly, the book Love Story of a Yogi, then Kundalini science~ A Spiritual Psychology, Parts 1 and 2. Apart from this, following this blog will also provide fresh content every week. Many people think of me as having had higher spiritual experiences on my own or without any effort. The point seems true to a large extent, because I did not make any special efforts for them. I kept getting favorable conditions, and everything happened by itself. But the hard work of my ancestors hidden in it is not visible to anyone. My family was dominated by spirituality and high idealism for at least three generations. Because of this, my family's name and respect was far and wide in the society. For two generations, my family has been working as Brahmin priests. Vedic rituals are performed in this work. The Vedic ritual is actually the first chapter of Kundalini Yoga, because it introduces a person to Kundalini, and strengthens it in the mind in an easy and worldly way. It was in the company of such a spiritual family that the Kundalini unintentionally made its permanent place in my mind. It means that the fruits of my family's hundreds of years of hard work have manifested in me. I didn't get something on my own. You don't get anything by yourself. If we keep on following the path of spirituality, then our children, grandsons, great grandsons etc. will get its fruits. They won't get anything on their own. This means, efforts made for Kundalini never fail. If the person who makes efforts does not see the fruits immediately, then the society and the world definitely get it. Over a period of time, even the one who tries will get the result.

## **Even ego of doing meditation or yoga should also be shed away to get awakening**

Kundalini awakening is a rare happening. It seldom requires forceful attempt. Yes, one can be ready for it mentally as well as physically with forceful efforts. Forceful efforts should be at the level of prana energy available in a man otherwise too much forceful effort may harm body and mind. I tried same. I drifted with world for 15 years though I had nondual attitude always through my self made unique philosophy. Then on availability of excess of prana energy, I did forceful hath yoga for one year and then tantric yoga for next one month. Then I

shed my this ego too and I again started drifting with the world. Although Yoga was continued as it was. This shedding ego of even doing yoga etc. or letting go produced glimpse of Kundalini awakening in me just as effortlessly. Still, no one shot a big arrow, because more important than awakening is the awakened lifestyle. To sum up, just a glimpse, because my aim was not any enlightenment, but I wanted to experience Kundalini awakening in a scientific way, and to tell people to save them from misgivings. At last the wish is fulfilled. This means ego of doing meditation or yoga or other virtuous deeds should also be shed away to get awakening. This has been told in scriptures by a famous advising sentence that spirituality grow through satoguna and awakening occur through shedding away ego even to that satoguna too. Satoguna means the manifestation of luminous divine qualities in the mind and body under the influence of yoga practice. Earlier I also did not understand the secret of this saying, but now I have understood its meaning clearly, practically and experientially. During the time of my awakening, I felt no this or that emotion, no special sensation etc. as told by many people in strange ways. All things were quite smooth. It's all an energy game only. For willful awakening, people most often adopt wrong paths full of egotism and so never attain it. Few others keep cool and drift amidst the common river, however abolishing the ego. They attain it without special willful effort. Many take the middle path of balancing both, which leads to quickest success. Probably the same middle path happened to me as well.

# Kundalini Shakti and Shiva unite to give birth to the wisdom named Kartikeya, who destroyed the darkness of ignorance named Tarakasur

*Happy Dussehra to all my friends*

Friends, according to the Shiva Purana, Lord Shiva, distraught in the separation of Sati, sat down to meditate on the peak of the Himachal (part of Himalaya), where the Ganges river descends. Because of the Ganges, that place is very holy. He started diverting his mind from Sati and engaged himself in the practice of yoga. When Mountain king Himachal came to know about his arrival, he went to meet Shiva with his family and members, and attended his service. Shiva told him that he wanted to do penance there in solitude, so no one should come to meet him. Parvatraj announced in his kingdom that whoever tries to meet Shiva will be given a harsh scepter. But Parvati wanted to serve him, so she insisted on going to Shiva from her father Himalaya. The exhausted Himachal took Parvati back to Shiva, and prayed for Parvati to accept her service. Shiva said that he is engaged in meditation yoga, so what is the work of a woman. Women are fickle by nature, and disturb the attention of even the biggest yogis. Then he said that he is always situated beyond nature in his ecstasy and void form. On this Parvati told him that he could not live beyond nature. Without nature, he cannot even speak, then why is he talking big things. If he is beyond nature and he already is everything, then why is he doing penance on this Himalayan peak. Nature cannot harm the one who is beyond nature, then why is he afraid of it. Shiva liked this reasoning, and he allowed Parvati to do his daily service with her sakhis or she friends. Shiva used to remain unattached to Parvati's gesture. There was never any desire in his mind. However, he only saw Parvati in his meditation. He felt that his ex-wife Sati had appeared in the form of Parvati. Knowing this good opportunity, the gods and sages sent Kamadeva to create lust in Shiva's mind. They wanted to make Urdhvretā (a man with upward semen flow) Shankar a chyutretā (a man with downward semen flow to outside to be wasted). The gods and sages were troubled by the demon Tarakasura. He was to be killed at the hands of the son of Shiva- Parvati. That is why they wanted to get Shiva and Parvati married. Shiva first became enamored of Parvati, and began to describe her appearance with sensuality. Then as soon as he started putting his hands inside Parvati's clothes, and because of her feminine nature, Parvati started smiling shyly running away, he got the idea of his God form, and he went back repenting of his actions. Then his eyes went to Cupid standing nearby. Kamadeva himself was consumed by the furious effulgence of Shiva's third eye. Shiva wanted that only when Parvati's pride or arrogance is over, he will have a love affair with her. That's what happened. As soon as Parvati's ego was destroyed, Shiva adopted her and from their mutual love, Kartikeya was born, who grew up and killed the demon Tarakasur. Tarakasur had taken the gods and rishis hostage. He used to get the gods to do things of his own free will. In fact, he had asked Brahma for a boon that he should not die at the hands of anyone except the son of Shiva. He knew that Shiva is the real God beyond nature, why would he marry.

## Demystifying the the above metaphorical story of Shiva-Parvati marriage

God is also desperate to meet the soul. Being alone, he gets bored. If it were not so, there would be no evolution. In order to meet the soul, he starts doing penance while sitting in the sahasrar of the living being's body. He neither eats nor drinks anything. He just remains silently meditating on his true natural form. This is what Shiva has to do penance there. The body of the living being is the Himalaya Mountain, and the mind of the living being, that is, Kundalini, is Sati or Parvati. Due to the effect of his penance and yoga, he does not get disturbed for her even after being so close to his beloved Sati. Sushumna is the river Ganges here, which keeps on energizing the Sahasrar by giving it a huge amount of energy carried up from muladhar. The soul of the living being here also is the mountain king Himalaya or Himachal. In this way, the meeting of the soul with God keeps happening in between, but there is no complete meeting. It is written in this form that Shiva refused to meet anyone there. Meeting here means complete meeting. Perfect union between two can be possible only when both are of similar nature. If Shiva will meet the common man completely, then it is natural that his penance will be disturbed, because the common man does not do penance, and is full of many faults. That is why the soul keeps its mind and its senses entangled in the outside world by itself, and does not allow these to go towards Sahasrar to meet Shiva. These mind, senses and pranas are the residents of King Himachal. Even if they ever go towards Sahasrar by mistake, they feel dark. This darkness is the harsh punishment given to them by Parvatraj Himachal. But the Kundalini picture in the mind wants to go to Sahasrar again and again to meet Shiva. This is Parvati. The most powerful picture of the mind is the Kundalini picture. It can easily go on till Sahasrar. This is described as the insistence of Parvati and the Himalaya taking her to Shiva. This also means that Parvati tells Shiva that if he is beyond nature, then sitting in Sahasrar, whom he is doing penance hoping for. Meaning that nature itself has forced Shiva to sit in the Sahasrar Chakra of this body, so that he can meet the Kundalini in the form of Parvati. Happiness comes only by sending the Kundalini picture to Sahasrara, not by sending other pictures. This is told in this metaphorical story by saying that Shiva accepted his daily service to be performed by Parvati. Parvati every day used to go to that holy peak to serve Shiva with her she friends and return home every day. This means that during the daily Kundalini yoga practice, the Kundalini would stay in the Sahasrara only for a short time, the rest of the time on the other chakras. The Muladhara Chakra is the Kundalini Shakti's own home. The main prana energy rising through back and the movement of breath which always stays with the Kundalini are said to be the sakhis or she friends of Parvati. For every action there is an equal reaction. Due to Kundalini being in Sahasrara, one is experiencing Advaita, that means Kundalini is meditating on Shiva. In return, Shiva is also meditating on Kundalini equally. Shiva sees his consort Sati in Parvati. Actually Jiva or soul or living being or Kundalini or Sati is separated from Shiva once upon a time being infinite years ago. At that time, she used to live united with Shiva as both inseparable from each other. The sending of Kamadeva by Brahma and other deities to get Shiva-Parvati to meet means, naturally, an advanced yoga practitioner is attracted towards sexuality or sexual tantra. You must be seeing every day how big spiritual people are being accused of sexual abuse. Even eminent Brahmarishis like Vishwamitra could not escape this sexual eroticism, and became corrupt. In fact, this sexuality arises in order to impart the ultimate liberation velocity to the Kundalini just as escape velocity imparted to a space shuttle to escape earth's gravitational pull, so that she can become free from materiality and become one with Shiva. But many yogis are not able to handle this sexuality properly, and instead of profit, it does their harm. Taking the help of that sexual sensuality, Kundalini went very close to Shiva, but



could not unite with him. This means that Kundalini awakening could not take place. By meditating on the Agya chakra, the Kundalini remains on the psyche, due to which even the sexual act becomes devoid of sensuality and pure. It is said that Kamadeva was burnt to ashes from the third eye of Shiva. The third eye is located on the Agya chakra itself. I consider Ajna Chakra as the third eye. It is due to the influence of this Kundalini Shakti situated mainly at agya chakra or third eye that sexual yoga remains untouched by physical sexuality, whereas in spite of similar physical activities, pornography is full of inflammatory sexuality. On the request of the gods, Shiva married Parvati only when Parvati first destroyed her ego. I was also telling this in the previous post that when the ego on the Sattva guna produced by yoga practice is destroyed, only then there is the possibility of Kundalini awakening. Kundalini symbolizes the mind or the living being. The ego of the living being has ended, that is, the ego of Parvati in the form of Kundalini has ended. All the deities reside in the body of the living being. In the form of the soul, they are also bound in the body. For example, the sun god who roams freely in the universe is bound in two small eyes, the universal wind god is bound in the nose, the water god naturally roaming freely inside celestial bodies is bound in the limited blood etc. Similarly, the sages are also bound by preaching knowledge to the bound soul of living beings. These gods and sages will also be considered completely liberated only when the soul is liberated, which means the marriage of Shiva-Parvati will take place in the form of Kundalini awakening. This is the prayer of the gods and sages for salvation, which Shiva finally accepts. The demon Tarakasura is the name given here for ignorance of soul. Taraka literally means the pupil of the eye, which is dark in color like ignorance. It binds the whole body including the mind of the living entity. Taraka also means eye or light or knowledge. The demon who destroyed it was Tarakasur. Tarakasur or ignorance blinds a man. According to the above, the deities and the sages themselves fall into bondage due to the bondage of the soul. His destruction can only be accomplished by the wisdom born of Kundalini awakening, who is described in this story as Kartikeya, the son of Shiva-Parvati.

## **Kundalini yoga is the sweet fruit that grows on a tree of Hinduism, and the fruit is there only as long as the tree is there**

Friends, this post is dedicated to peace and protection of minorities. Since Kundalini Yoga is particularly associated with Hinduism, it cannot be ignored at all. I am not such a false and fake yogi that I should do yoga from outside and ignore the atrocities on Hinduism, the origin of yoga. More recently, Islamic terrorists entered a school in Kashmir and killed some Hindus and Sikhs after seeing their identity cards, and asked Muslim employees to go home and offer Namaz. Simultaneously, there was widespread violence against Hindus and their shrines by Muslim mobs in Bangladesh. Hundreds of their houses were burnt. They were made homeless. Many Hindus were killed. The jihadi crowd danced on their head carrying the orgy of death. All Hindus are forced to live under the shadow of fear. Terrible than death is the fear of death. It ends life before the real death. There is no limit to the hypocrisy of these fanatics. Standing with a sword on the head of the Hindus, and telling them to keep peace. What peace when you die. Instead of taking action against violence, violence is being justified. It is being said that the Quran was insulted, Islam was insulted, you can't even think what and what. That all too under lies and conspiracy. Fake post is being made viral on Facebook. Police and other security agencies have remained silent spectators. Violence is happening in front of them too. There is a dire need to enact a strict international law against religious violence. The world should be governed by human rules and regulations. Fundamentalism should not be tolerated in any religion. All religions justify their fundamentalism by pointing fingers at each other. It should stop. One should speak openly against extremism. What I have come close to today's pinnacle of spiritual experiences, that is mainly due to speaking out against fundamentalism and living a life free of it. At times, it seems that it is because of the dominance of the arms manufacturer lobby of Western countries that there is so much international silence on these violence. The ISKCON temple was severely damaged, idols of the deity were vandalized, and some ISKCON followers were brutally murdered. Everyone knows that Pakistan is conspiring all of this. Here in South Asia, Hindus are being wiped out under a huge conspiracy, on the other hand the entire international community is silent, the United Nations Organization is silent, human rights institutions are silent. Don't Hindus have human rights? Are Hindus Animals? Then where is the Peace Keeping Force of UNO? This conspiracy against Hindus has been going on for many centuries, that is why the population of Hindus in Pakistan and Bangladesh has decreased manifold, and today is on the verge of extinction, but the population of Muslims has increased manifold. Such communal attacks against Hindus keep happening in Afghanistan and Myanmar also. Even in a Hindu-majority nation like India, Hindus are not safe in many places, especially in areas where Hindus are a minority. You can imagine yourself that when Hindus are not safe inside a Hindu-majority country like India and even in its neighboring countries, how much more plight of Hindus must be there in more than 50 Islamic countries. Earlier the media was not so strong, so the far-flung world was ignorant of such communal incidents. But today even if someone sneezes, it still comes online on social media. That is why today the world is deliberately silent. Earlier there were no organizations like the United Nations. But even today these institutions appear like non-existent, because they are not able to give any protection to the minorities. What a Bose who could not control his subordinates. I think this UNO for show only. It doesn't seem to have any power. Why

doesn't it make rules that a country cannot be formed on the basis of religion. What is the rationale of nation based on religion in today's liberal era. Talking about it is atrocity on the minority, let alone implementing it. When an specific religious state means atrocities on other religions, how does the UNO allow it? Why can't the UNO see a dagger dipped in sugar syrup? At the time of partition of post-independence India, half was given to Hindus, and half to Muslims. But actually the Hindus did not get any share. Both parts appear belonging to the Muslims. What is called India today also does not actually belong to the Hindus. The world sees India for Hindus, but it is not. This is a huge hoax, which the world should understand. A single specific religion in India enjoys many privileges in the name of minority, which they openly misuse, due to which the integrity and sovereignty of India appears to have been threatened today. Yoga is sung all over the world, International Yoga Day is celebrated, but the religion from which yoga originated has been left to perish. People pretend to do yoga from outside. They do not know that if Hinduism is destroyed, then even Yoga will not survive, because the original Yoga is in Hinduism. Edwin F. Bryant, who wrote the world famous and in-depth book on Patanjali Yoga Sutras, he writes that Hinduism, mainly its texts as Puranas are the real basic structure of yoga, just as the skeleton is the basic structure of the human body. Yoga is as superficial in it as the skin in the human body. Just as humans find the skin beautiful and attractive, so too does yoga. But without the skeleton there is no existence of the skin. Therefore, to understand Yoga deeply, one has to understand Hinduism, mainly its Puranas deeply. That is why there is a need to study and preserve the Hindu religion and its scriptures to save yoga. From his writings, it appears that he has understood the Hindu religion mainly Puranas deeply after working hard for many years, and has brought it into his life. I have also studied Hinduism deeply, and also Yoga, so I know. Many religions appear to have been made only to oppose Hinduism. So you yourself can think that when Hinduism is completely scientific, then how will other religions be. The real secularism is contained in the Hindu religion, because in it all the religions and ethics of the world are included. Even a [Muslim cleric](#) and leader of Jamiat Ulema Hind, [Mufti Mohammad Ilyas Qasmi](#), has referred to Lord Shiva as the first messenger of Islam. No need to tell much. A hint to the wise is enough. Religions which need violence, deceit and coercion for their promotion, how are those religions, you can think for yourself. I have taught the scientificity of Hinduism in this website. If anyone does not believe then he can study this website. I am not taking any religion side here, nor I'm opposing any religion, I am only proclaiming scientific truth, speaking the voice of my soul, speaking the voice of my experience of Kundalini awakening, speaking the voice of my experience of enlightenment. I am speaking the voice of the spiritual experiences of my whole life, speaking the voice of my heart. I am nothing. What is a man, what is his logic, but no one can deny the experience. Direct experience is the greatest proof. Today no one can see the suffering of international Hindu organization like ISKCON, while it is spread all over the world. I have deeply experienced their pain, which I am expressing through writing. If Hinduism is harmed, then nature is also harmed, the earth is also harmed. The widespread campaign of nature-worship and nature-service is rooted in Hinduism itself. Do you not see how deadly arms race is taking place between the countries of the world, and how the earth is being destroyed by pollution. If anyone can save the earth and its environment, it is Hinduism. May God bless the world community.

# Kundalini mystery is revealed only in the form of eternal love relationship between man and woman

Happy Diwali to all my friends

## Shiva-Parvati Marriage, World's biggest Mystery ever

Friends, there is also another meaning of Shiva- Parvati marriage. Parvati is nature, which is in the form of a thought of the mind. She binds the Parabrahma God. Shiva tells Parvati that he is independent always but she has bound him and made dependent, because she is Goddess nature doing everything. Parvati did severe penance, which means that nature has developed life for millions of years. Then she was able to make omniscient God as a tiny soul. This gave rise to the existence of life. Parvati tells Shiva to ask her father Himalaya for her hand. This means that nature does not want the soul to be born everywhere. If this were the case, then there would be souls in stone, soil, water, germs etc. Therefore nature wants that when the body of the living entity is well developed, then the soul should be born in it. This developed body has been called the Himalaya, the mountain king. Parvati first creates the Himalaya, then she takes birth as his daughter and lives there. Meaning that nature first creates the body, then it itself is born from it, and settles inside it. It is as if a man first builds a house for himself, then himself starts living in it. Then Shiva says that even though he is formless and desireless, he takes on a body for the devotees. In fact, this visible world is the body of Shiva. Running after this, a man actually runs after Shiva, that means he worships him. But the man does not think so. Kundalini is also the gross form of Parabrahma Shiva, through whose meditation only Shiva is meditated. In a direct form, no one can know or recognize Parabrahma Shiva.

## Lord Shiva, the master of Leftist Tantra

In the Shiva Purana, Shiva is called a weird eater (eating non eatables) and a material sacrificer (bhootabalipriya). Meaning is clear. This confirms the belief of the Panchamkari Vammargis or leftists that Shiva consumes meat, liquor, cannabis, etc., and is pleased with the animal sacrifices offered to the deities in temples. Well, only they know the truth. I am only expressing possibility. In fact, God is the one who saves everyone, and he is also the one who kills. But he as killer seems to us only through illusion. Even in killing by him, saving by him is hidden. We can praise God completely, but we cannot imitate Him completely. This is because God is not affected by karma and fruit, but man has to suffer the bad consequences of bad karma. This may have been the initial belief of Islam as well, but over time it has become an extremist and an enemy of other religions and sects. Even Quasim, a muslim cleric has also referred to Lord Shiva as the first messenger of Islam. This reminds me of a recent incident. According to sources, in this Cricket World Cup, a Pakistani player started offering Namaz sitting down in front of everyone in the middle ground. Pakistan got more happiness from preaching than winning the match.

## Kundalini as a true life protector

It is said that Kundalini resides on different chakras in different living beings. In developed organisms it resides in the upper chakras, while in undeveloped organisms it is in the lower chakras. I have also described this in an old post. This does not mean that all living beings are Kundalini yogis and do Kundalini meditation. This means that when our level of consciousness is low, then if we do a little meditation in the form of meditation on Advaita from the invisible subconscious mind itself, then the Kundalini descends on the lower chakras creating blissful peace. I am calling this as light thought of invisible meditation because in the low state of consciousness, where is the energy to meditate in the brain. During the darkness of the unconscious, with this inconceivable meditative feeling, the Kundalini mostly comes to experience at the navel chakra, and if the level of consciousness drops even further, then it comes to the Swadhisthana chakra. However, within a few moments, Kundalini ascends to the chakras of the brain, because it is the nature of Kundalini to rise. In doing so, she also brings the energy up from the base chakra. This is because in a state of low consciousness, there is not enough energy level in the brain to place the Kundalini in the upper chakras. It seems that the arrival of Kundalini on the lower chakras is helpful at the time of death. At the time of death consciousness is at a very low level. A dark shadow remains in one's mind. At that time, Kundalini by the subtle spirit of Advaita comes to the lower chakras and acts like a good friend and gives a blissful and calm consciousness. She liberates man, defeating all the sorrows and sufferings caused by death.

## **Kundalini meditation-penance is called as Shiva or Ishta meditation-penance grossly**

### **Kundalini shy away from meeting her beloved Shiva like a woman filled with shame, and being unmarried for innumerable ages and births, wanders like crazy in her chaotic pursuit**

Friends, in the previous post, I was referring to Shiva Purana to tell that Parvati was shying back while meeting Shiva, but was also smiling with joy. Actually the same happens with Kundalini or the living entity. As Kundalini begins to unite with Shiva, she withdraws in panic and shyness. Although she enjoys it too much, and later she regrets why she backed out. This is the momentary awakening of Kundalini possibly that happened to me, by the grace of Shiva and by the grace of Guru. Now I don't even remember that experience. So it seems to me that something had happened and I was completely open at that time. It is quite possible that this type of Kundalini story has been written in the form of this Shiva story or Shiva Katha. Even if it is not written, it does not matter, because as happens in the gross world, so happens in the subtle world also. No difference. "Yatpinde Tatbrahmande" in Sanskrit. When Shiva consumed Kamadeva, he himself disappeared. This made Parvati extremely distraught with separation. All the time she was lost in the remembrance of Shiva. She could not find any joy anywhere. Her life had become dull. Seeing her condition, Parvatraj or Mountain king Himachal also became sad. He lovingly consoled his daughter Parvati by placing her on his lap. One day Narada Muni came to meet Parvati and explained to Parvati that she had not destroyed her ego, that is why Shiva disappeared. Then told her that Shiva wants to destroy her ego for her good, that is why he had turned away from her. Narada asked Parvati to do penance to end her ego. When Parvati asked for a mantra from Narada for penance, Narada gave her the Shiva Panchakshara mantra. It is "Om Namah Shivaya" a famous mantra.

### **Revelation of the above allegorical or metaphoric story**

This phenomenon is visible in many love affairs. Once there is a mental sexual relationship, then there is an immense attraction towards each other. The man constantly tests his girlfriend. He wants to see her crazy in his love. He wants to see her completely loyal and devoted to him. Many restrained men even want the woman to propose him herself and even bring her doli (bride's chariot) of her marriage to his house on her own. This is not a joke, it is a psychological reality. It is inspired by Kundalini. If this is not the case, they do not even refrain from abandoning the woman. A highly spiritual man like Shiva, even after coming very close to the woman, restrains himself and saves himself from wrongdoing. They do not even talk to the woman and take their own separate path in life. It is like the disappearance of Shiva. Due to this, the woman suffers like a fish without water in the memory of the lover. The same happened with Parvati too. The man also settles her memory in his mind and gets engaged in his work. It is just like Shiva going into a meditative state. Most of the men

already appear devoid of ego like Shiva. In most of the cases, only the woman has the ego of form, quality and property. I'm not showing gender discrimination here. I'm only showing the natural truth. Exceptions are everywhere, somewhere more, somewhere less. For this reason the man goes away from her, because where is the union of fire and water. Later on, when the ego of a woman is destroyed by the blows of worldliness, then she meets that loving man again by chance. However, most of the women have settled their own separate household. Unlike Parvati waiting for Shiva, it is rare that she keeps on waiting for her lover throughout her life. Still, a woman receives emotional benefits from her true lover man as a sister, friend, etc., or through any humane relationship. The mixed mental power of both of lovers is automatically passed on to their children, either they marry or not. This is the cosmic union of Shiva-Parvati, and the birth of Lord Kartikeya in the form of psychic power.

## **Sahasrar is the place where the Ganges descends in the Himalayas**

Parvati meditates at the same place where she had a courtship with Shiva. That place is the Sahasrara Chakra itself. That's the place of Kundalini awakening. The verse "Ganga of love" is so popular. In fact, the energy that ascends through the sushumna in the back with love is the Ganges of love. Kundalini mounted on the Sahasrara Chakra, and began to experience the bliss of Advaita. It has been written in such a way that Parvati started doing penance in Sahasrar. Tapas means meditation of Kundalini in Sahasrar. This is also the meditation of Shiva, because in Sahasrar Shiva definitely comes to meet Kundalini later or sooner, which means Kundalini awakening definitely takes later or sooner. Tapas done for kundalini meditation is grossly called as tapas done for meditation of Shiva, because ultimately Kundalini is leading to Shiva only. This again proves the theme of this blog that Kundalini meditation is everything or one and all. penance is done only for meditation. Therefore, tapas can also be called dhyana yoga or kundalini yoga. If tapas or austerity does not lead to meditation, then it is not austerity, it is just a show. Her father Himachal and mother Maneka reach there with their sons and famous mountains to persuade their daughter and stop her from penance. They are saddened by her suffering. They tell her that the recluse Shiva, who consumed Kamadeva, will not come to meet her. Anyway, God doesn't care about anyone. He is complete in himself. He enjoys himself. It is not an easy task to control such a supreme master. But stubborn devotees like Parvati convince him. Parvati was fully aware of the power of devotion, so she does not believe and keeps on doing penance. Actually the brain is the king Himachal. Such chemicals come out of it, which distract away from penance. This is what Himachal explains to Parvati the wrathful aftermaths of doing penance. It wants to keep the soul entangled in the external world by diverting the attention from the Kundalini or say Shiva. Various mountain peaks are walnut-like bulges of the brain, which control different parts of the body. All these submountains are inside Himachal. The mind or brain remains in fear of losing its power. With the heat of the fire of her penance, the whole universe starts burning. Disturbed by this, all the gods and mountains, taking Brahma along with them, go to her to persuade her and stop her from penance. Actually this body is the whole universe. There is a sumeru mountain in it. It is the abode of all the gods. This body will definitely be badly afflicted by the austerity. It's natural for brain to stop this all. Brahma lives on Mount Sumeru. Mount Sumeru is called the brain itself. Just as the universe develops from Brahma, so does the body develop from the brain out of its thinking power. Although all the deities reside in the brain, but the most arrogant and powerful deity of the mind is called Brahma that's called primarily living there. All the demigods pervade the whole body along with the brain, but Brahma resides only in the brain. That is why the abode of Brahma is said to be in

Sumeru. Therefore, due to austerity, these physical deities and innumerable living cell-shaped creatures living in this body-like universe are disturbed by being hungry and thirsty. In fact, along with the Kundalini, the prana of the body also goes to Sahasrara. Due to this the body becomes powerless like crippled or like helpless or like dependent. It is natural that the body will then become physically backward. It's all inside this body-universe or subtle universe. Nothing happens in the outer gross universe. If the external gross creatures and gods had suffered, no one would have survived till today, because lakhs of people do penance every day in the form of meditation. Many yogis do severe penance even in the forests and mountains.



**Other books written by Premayogi Vajra and some other recommended books-**

- 1)) Love story of a Yogi- what Patanjali says
- 2)) Kundalini demystified- what Premyogi vajra says
- 3)) कुण्डलिनी विज्ञान- एक आध्यात्मिक मनोविज्ञान
- 4)) Kundalini science- a spiritual psychology
- 5)) The art of self publishing and website creation
- 6)) स्वयंप्रकाशन व वैबसाईट निर्माण की कला
- 7) बहुतकनीकी जैविक खेती एवं वर्षाजल संग्रहण के मूलभूत आधारस्तम्भ - एक खुशहाल एवं विकासशील गाँव की कहानी, एक पर्यावरणप्रेमी योगी की जुबानी
- 8) ई-रीडर पर मेरी कुण्डलिनी वैबसाईट
- 9) My kundalini website on e-reader
- 10) शरीरविज्ञान दर्शन- एक आधुनिक कुण्डलिनी तंत्र (एक योगी की प्रेमकथा)
- 11) श्रीकृष्णाज्ञाभिनन्दनम्
- 12) सोलन की सर्वहित साधना
- 13) योगोपनिषदों में राजयोग
- 14) क्षेत्रपति बीजेश्वर महादेव
- 15) देवभूमि सोलन
- 16) मौलिक व्यक्तित्व के प्रेरक सूत्र
- 17) बघाटेश्वरी माँ शूलिनी
- 18) म्हारा बघाट

- 19) कुण्डलिनी रहस्योद्घाटित- प्रेमयोगी वज्र क्या कहता है
- 20) भाव सुमन- एक आधुनिक काव्यसुधा सरस
- 21) Kundalini science- A spiritual psychology-part2
- 22) कुण्डलिनी विज्ञान- एक आध्यात्मिक मनोविज्ञान-भाग 2

The description of these above books is available on Amazon, Author Central, Author Page, Premyogi vajra. The description of these books is also available on the web page "Shop (Library)" of his personal website <https://demystifyingkundalini.com/shop/>

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